This summer I spent six weeks as an intern on Capitol Hill for Congressman David Price of North Carolina. Working in a Congressional office is such a fulfilling and exciting experience and I am so grateful for this wonderful opportunity. The skills I gained and strengthened through my intern duties will benefit me for years to come, even in pursuing other career fields.

I worked with three other interns in my office and each day two of us were assigned as administrative interns and the other two were assigned as legislative interns. As an administrative intern, duties included answering the phone, sorting constituent mail through our web server, leading Capitol tours for Congressman Price’s constituents, and performing general office management. While the duties of an administrative intern can seem routine and tedious, I personally enjoyed talking to constituents either on the phone or through leading Capitol tours. It has strengthened my communication skills and has improved my ability to think on my feet. I also enjoyed reading and sorting constituent mail. Through this I was able to learn about issues I would have most likely never been exposed to had I not been on the Hill. In addition, I learned so much about the debt debate, and by the end I was able to distinguish between different political beliefs, even within one party, based on what the person urged Congressman Price to do.

As a legislative intern, I was assigned to a specific staffer who provided me with tasks to complete throughout the day, including writing letters to constituents, writing legislative memos for the Congressman advising him on certain bills, and sometimes attending hearings and briefings. Each staffer was assigned several issues that they specialize in. Most of my interests and knowledge fell between issues held by two different staffers, so when I was assigned to another staffer it allowed me to explore an area I did not have as good a knowledge base in. I thoroughly enjoyed this aspect of my intern duties – getting to know the staffers as well as doing research and writing that is crucial to the success of the office.

In addition to my intern duties, I just loved being on Capitol Hill, immersed in one of the most exciting work environments in the country. I have never felt so aware of the issues our
country faces and I look forward to keeping up with what is going on in Washington. While I’m unsure of where my path will take me after graduation, I know this internship, with all the skills I gained, will benefit me greatly; and for that I am very appreciative.