



## INTERNAPALOOZA SUMMER '23 REGISTRANT INFORMATION

On June 8th, POPVOX Foundation and the organizations of the First Branch Intern Project hosted the sixth "Internapalooza" orientation and welcome event for the Summer 2023 class of Congressional interns. Additional information about registered attendees is below.

### ATTENDEE DEMOGRAPHICS

In total, **856** individuals registered to attend the event. **727** provided enough information to identify themselves as current Congressional interns. The following data was compiled from information provided only by current Congressional interns.

#### Chamber:

- 75.3% from the House
- 24.7% from the Senate

#### Party:

- 67.9% from Democratic offices
- 31.3% from Republican offices
- 0.7% from Independent offices

#### Year in School:

A majority of attendees were either current college upperclassmen or college graduates:

- 6.6% in graduate school
- 11.7% graduated college
- 34.1% college seniors
- 27.2% college juniors
- 14.7% college sophomores
- 3.7% college freshman
- 0.8% in high school
- 0.6% selected Other

#### Education\*:

- 47.9% attending a state college or university
- 48.0% attending a private college or university
- 3.7% attending a Historically Black College/University (HCBU)
- 0.6% attending a community college
- 1.5% selected Other/NA

*\*Responses total more than 100% because interns could pick more than one option*

### Gender\*:

Registrants were asked how they would identify their gender; the following data were normalized from their responses:

- 57.4% woman
- 41.5% man
- 1.8% non-binary/non-conforming
- 0.4% transgender

### Sexual Orientation:

Registrants were asked whether they identify as LGBT.

- 21.5% identify as members of the LGBT community.

### Race and Ethnicity\*:

Registrants were asked to select all that apply to describe their race and ethnicity.

- 66.3% identified as White/Caucasian
- 14.4% identified as Black or African American
- 13.1% identified as Asian / Pacific Islander
- 12.2% identified as Hispanic
- 1.7% identified as American Indian or Alaskan Native
- 3.7% identified as "Other" or preferred not to respond

### Household Income:

- 20.3% grew up with an annual household income of \$200,000 or more
- 12.4% grew up with an annual household income of \$150,000 - \$199,999
- 21.5% grew up with an annual household income of \$100,000 - \$149,999
- 10.7% grew up with an annual household income of \$75,000 - \$99,000
- 8.0% grew up with an annual household income of \$50,000 - \$74,999
- 6.1% grew up with an annual household income of \$35,000 - \$49,999
- 5.2% grew up with an annual household income of \$20,000 - \$34,999
- 5.9% grew up with an annual household income of less than \$20,000

### Highest level of education attained by a parent or guardian:

- 11.6% Multiple graduate degrees
- 44.3% Graduate degree
- 27.0% Bachelor's degree
- 1.7% Associate's degree
- 4.3% Some college but no degree
- 8.5% High school or equivalent
- 2.8% Less than a high school diploma

## PATH TO A CONGRESSIONAL INTERNSHIP

Interns come to Congress with a variety of backgrounds and experiences; however, some commonalities stood out:

- 68.9% had a prior leadership position in an extracurricular activity or student government
- 50.9% had a prior customer service job
- 33.7% had a volunteer or paid position on a political campaign

- 28.5% had a prior entry-level office job
- 27.8% had a prior internship in government
- 22.1% had a prior teaching job
- 21.2% had a prior writing job
- 11.4% had a prior internship in Congress
- 9.8% had prior freelance work or their own business

When asked to reflect on the biggest barriers to obtaining a Congressional internship, current interns noted specific challenges:

- 60.8% noted affording DC cost of living or moving costs
- 48.1% noted getting through the competitive selection process
- 23.1% noted a lack of mentorship or someone to ask questions about interning for Congress
- 19.1% noted not feeling qualified enough to apply
- 10.6% noted that they did not know internships were available
- 10.7% noted multiple attractive internship offers
- 10.6% noted worrying about safety in DC
- 6.7% noted working for a Member with values different than their own
- 5.1% noted a lack of support from family and friends
- 1.8% noted a lack of accommodation for disabilities and/or health needs
- 0.8% noted worrying about the impact of their immigration status
- 14.6% noted no barriers to obtaining an internship.

When asked to reflect on what they saw as the biggest challenges they would face in their internships, the interns noted specific tasks:

- 51.4% noted finding mentors
- 46.5% noted getting up to speed on how Congress works
- 44.2% noted finding peers and friends in their internships
- 42.8% noted the cost of living in DC
- 39.1% noted learning a lot of new procedures and tasks quickly
- 39.1% noted building up their confidence in a busy office environment
- 26.0% noted making sure their internship meets their educational goals
- 20.6% noted managing stress in a busy office environment
- 19.0% noted overcoming anxiety about answering the phones
- 18.2% noted overcoming anxiety about giving tours to constituents
- 7.2% noted no specific challenges

With these barriers noted, when asked to choose goals that were most important in their internships, the interns mentioned the following:

- 84.5% noted expanding their professional network of peers
- 83.8% noted expanding their professional network of mentors
- 72.4% noted deciding if they want to pursue a career in government or public service
- 67.5% noted learning how government really works
- 62.0% noted gaining confidence and leadership
- 60.0% noted building up their resume
- 54.5% noted working for causes or public servants they believe in
- 51.4% noted learning skills to be an effective advocate for their community
- 48.4% noted deciding if they want to live in or move to DC
- 33.3% noted preparing for a graduate degree
- 30.1% noted deciding if they want to run for office
- 1.4% noted no particular goals

## THE CONGRESSIONAL INTERNSHIP EXPERIENCE

Interns reported the sources of support allowing them to pursue a Congressional internship:

*Percentages total more than 100% as interns could select multiple sources of support.*

- 61.6% reported receiving a stipend from their employing office
- 21.3% reported relying on personal savings or financial resources
- 21.2% reported receiving support from family and friends
- 18.7% reported receiving a stipend or grant from their school
- 16.2% reported receiving a stipend from an outside organization
- 3.9% reported receiving wages from additional employment
- 0.8% reported taking out loans besides student loans
- 9.2% reported none or not applicable