



SPRING 2023 INTERNAPALOOZA REGISTRANT INFORMATION

The POPVOX Foundation and the organizations of the [First Branch Intern Project](#) hosted the fifth “[Internapalooza](#)” orientation and welcome event for the Spring 2023 class of Congressional interns, January 19th. Additional information about registered attendees is below.

ATTENDEE DEMOGRAPHICS

In total, **392 interns and early-career staffers registered to attend the event.**

364 interns provided enough information to identify them as currently-serving Congressional interns; the following statistics represent only current Congressional interns.

Year in school:

Of registrants, a majority of both prospective and current interns were upperclassmen in college or older:

- 5.8% in graduate school
- 19.2% graduated college
- 23.9% college seniors
- 29.9% college juniors
- 11.8% college sophomores
- 1.6% college freshmen
- 1.4% on a gap year
- 1.1% in high school

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Education*:

**Responses total more than 100% because interns could pick more than one option to describe their current institution.*

- 54.4% attending a state college or university
- 38.7% attending a private college or university
- 4.1% attending another form of post-secondary education or did not respond
- 2.2% attending a Historically Black College/University (HBCU)
- 2.2% attending a Hispanic-Serving Institution (HSI)
- 1.3% attending a community college
- 2.4% students are attending/have attended more than one higher education institution

Demographics:

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

- 56.3% female
- 41.8% male
- 1.4% prefer not to respond
- .3% non-binary
- .3% transgender

Sexual orientation: registrants were asked if they considered themselves a member of the LGBTQ community.

- 17% identified as members of the LGBTQ community

Race and Ethnicity: registrants were asked to select all that apply from a standard US Census ethnicity list.

**Responses total more than 100% because interns could pick more than one option to describe their identity.*

- 64.5% identified as White/Caucasian
- 17.8% identified as Hispanic, Latino, or Spanish origin
- 10.9% Asian or Asian American
- 9.3% Black or African American
- 0.8% American Indian or Native Alaskan
- 4.4% identified as “Other” or preferred not to respond

- 7.4% identified more than one ethnicity

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Household income:

- 22% grew up with an annual household income of \$200,000 or more
- 10.2% grew up with an annual household income of \$150,000 - \$199,999
- 21.4% grew up with an annual household income of \$100,000 - \$149,999
- 13.2% grew up with an annual household income of \$75,000 - \$99,999
- 12.9% grew up with an annual household income of \$50,000 - \$74,999
- 8.0% grew up with an annual household income of \$35,000 - \$49,999
- 6.3% grew up with an annual household income of \$20,000 - \$34,999
- 6% grew up with an annual household income of less than \$20,000

Highest level of education attained by a parent or guardian:

- 6.9% Multiple graduate degrees
- 39.3% Graduate degree
- 28% Bachelor's degree
- 3.6% Associate's degree
- 6.3% Some college but no degree
- 11.8% High school or equivalent
- 4.1% 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:

- 56.0% had prior experience in a leadership position within an extracurricular activity or student government
- 50.3% had a prior customer service job
- 33.8% had a prior internship in government
- 12.6% had a prior internship experience in Congress
- 37.9% had a volunteer or paid position with a campaign
- 32.4% had a prior entry-level office job
- 15.4% had a prior teaching job
- 13.7% had a prior writing job
- 8.5% had prior freelance work or their own business
- 2.5% had a service fellowship
- 0.6% had prior military service

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

- 58.5% noted affording DC cost of living or moving costs
- 39.0% noted getting through the competitive selection process
- 23.1% noted feeling qualified enough to apply
- 23.4% noted a lack of mentorship/space to ask questions about an internship
- 7.9% noted worrying about working for a Member whose values they share
- 12.1% noted that they did not know internships were available
- 12.6% noted multiple attractive internship offers
- 1.7% noted a lack of accommodation for disabilities or health needs
- 2.8% noted worrying about the impact of their immigration status
- 6.9% noted a lack of support from family and friends
- 16.2% 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:

- 51.1% noted finding mentors
- 41.2% noted getting up to speed on the inner workings of Congress
- 40.6% noted building up their confidence
- 48.6% noted finding friends and peers
- 45.3% noted surviving the DC cost of living
- 24.4% noted making sure the internship meets their educational goals
- 19.5% noted overcoming anxiety about giving tours
- 21.9% noted overcoming anxiety about answering the phones
- 34.3% noted learning a lot of new procedures/tasks quickly
- 9.3% 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:

- 85.1% noted expanding their professional network of mentors
- 87.6% noted expanding their professional network of peers
- 70.3% noted deciding whether to pursue a career in public service
- 55.4% noted working for causes and public servants they believe in
- 52.7% noted learning skills to become a better advocate for their community
- 29.4% noted deciding whether to run for office
- 28.0% noted preparing for a graduate degree
- 63.4% noted learning how government works
- 62.3% noted gaining confidence and leadership skills
- 50.5% noted deciding on living in DC
- 59.8% noted building a great resume
- 1.9% noted no particular goals

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CHAMBER AND PARTY OF OFFICES REPRESENTED

355 interns gave enough information to identify their office, caucus, or committee.

70.3% of the registered interns are serving in a Democratic office, 26.1% are serving in Republican offices, and 1.1% are serving in an Independent office.

69% of registered interns are serving in House offices, and 31% are serving in Senate offices.

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.

- 70.3% reported receiving a stipend from their employing office
- 20.3% reported receiving support from family or friends
- 21.9% reported relying on personal savings or financial resources
- 3.8% reported receiving a stipend from an outside organization
- 14.5% reported receiving a stipend or grant from their school
- 5.7% reported receiving wages from additional employment
- 3% reported taking out loans besides student loans
- 12.3% reported none of the above

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