

Running Start/Walmart

# Congressional Fellowship

Semester-long DC program where college women intern for a woman in Congress. Fellows grow their network of DC insiders, and understand what it takes to run, win and serve in weekly workshops.

Since 2009, 153 Fellows have been placed in the offices of 83 women Members of Congress.







# Sample Fellowship Agenda

After spending the week interning on the Hill, Fellows participate in workshops every Friday on leadership, political, career, and life skills. Over lunch, Fellows meet with mentors. Fellows participate in a campaign simulation that culminates in an election on the last day.

## Orientation: Week 1

Values Clarification Exercise, Getting to Know Washington DC, Internship 101, Dressing Professionally, Alum roundtable, Networking 101, Professional Writing



## Weeks 2-3

Personal Finance, Difficult Conversations, Goal Setting, Community Service

## Weeks 4-5

Digital Etiquette, Building Resilience, Informational Interviews, Political Ads

## Weeks 6-7

Job Interviews, Resumes & Cover Letters, Public Speaking, Digital Strategy

## Weeks 8-9

Campaign 101, Museum Field Trip, White House or Pentagon tour

## Weeks 10-11

Media Training, Salary Negotiation, Fundraising, Campaign Finance



## Weeks 12-13

Speech Practice, Group Reflection, Campaign Simulation Election (outside guests invited)

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