

House Intern Connection- June 17, 2024

Dear –

Welcome back to the House Intern Connection! Juneteenth is a federal holiday so all Congressional offices will be closed on Wednesday. We've rounded up some helpful information to kick your week off below, including a [training this Tuesday](#) on all the House resources available to you at your disposal. We look forward to connecting with you soon!

This week in the House: June 17

House Horizon

Bills on the Floor

Committee Docket

House Highlights

CAO Coach

The [CAO Coach website](#) offers a variety of additional tips and resources for interns. Check out their website for more information on topics like becoming a tour expert, basics of video editing, and more.

Office of Employee Assistance

The Office of Employee Assistance (OEA) provides a variety of resources for taking care of your mental health and overall wellness. They even provide confidential counseling sessions and can work with you to develop a plan of action toward effective problem resolution. You can call their office at 202-225-2400 to make an appointment or to request additional information. You can also complete the [Appointment Request form](#). Office hours are 8:30 a.m. to 5:30 p.m. ET, Monday through Friday, and arrangements can also be made for an appointment before or after work. Visit the Office of Employee Assistance in 140 Ford HOB or [their website](#) to learn more.

Find more information on [HouseNet](#).

Hub Happenings

The [Intern Resources Page](#) of the [House HR Hub](#) is designed to make your internship a successful and productive experience. And if you're interested in a career at the House, it can also help you develop and grow your career on campus or in a congressional district office.

The House Is Hiring!

Looking for a full-time position at the House? Check out the [House Resume Bank](#) for openings and to submit your resume. The [Member Office Career Paths](#) can help you explore career possibilities and trainings at the House.

Training and Professional Development

Upcoming Trainings and Webinars

Virtual House Resources for Interns and Intern Coordinators

- Please join the CAO's Intern Resource Office for a discussion specifically designed for Interns and Intern Coordinators. This panel-style discussion will highlight the Intern Resources Page on the House HR Hub and provide an opportunity for interns and intern coordinators to have a candid conversation about the unique House internship experience.
- Tue, Jun 18, 2024, 2:00 PM - 3:30 PM EDT
- Register by Tue, Jun 18, 2024, 2:10 PM EDT
- DISTRICT OF COLUMBIA > WASHINGTON DC > Virtual Classroom
- WASHINGTON, DC, USA 20515
- <https://house.csod.com/samldefault.aspx?returnUrl=%252fDeepLink%252fProcessRedirect.aspx%253fmodule%253dlodetails%2526lo%253dbbc1cf7e-6a93-4e2e-85aa-a7ec80d08b4e>

Legislative Research with Proquest Webinar

- This course will introduce the web-based ProQuest Congressional database to conduct legislative research. Learn how to search for bills, legislative histories, committee and conference reports, vote results, the Congressional Record, and various other congressional publications.
- Mon, Jun 17, 2024, 2:30 PM - 3:30 PM EDT
- Register by Mon, Jun 17, 2024, 2:40 PM EDT
- DISTRICT OF COLUMBIA > WASHINGTON DC > Virtual Classroom
- WASHINGTON, DC, USA 20515
- <https://house.csod.com/ui/lms-learning-details/app/event/89b3f7a7-99dd-4f99-adc4-291bc006b681?session=d519818d-2176-4deb-8b4f-1ae945f5f926>

An Introduction to Congress.gov Webinar

- Students will explore Congress.gov, the official website for federal legislative information. Students will learn to search the Congressional Record, research current legislation, and set up email alerts. Students will also discover the newest features and upgrades to Congress.gov.
- Mon, Jun 17, 2024, 3:30 PM - 4:30 PM EDT
- Register by Mon, Jun 17, 2024, 3:40 PM EDT
- DISTRICT OF COLUMBIA > WASHINGTON DC > Virtual Classroom
- WASHINGTON, DC, USA 20515
- <https://house.csod.com/ui/lms-learning-details/app/event/fe3f7493-d2ca-400c-8c81-9eae125614c?session=c7c7b9e5-a923-4bc8-9c0b-840151b3a86c>

Beyond Burnout: Enhancing Resilience & Joy in the Workplace

- Feeling stressed at work? This training explores techniques to cultivate joy, resilience, and connection in the face of professional challenges. Learn how to build a more supportive and thriving work environment for yourself and your colleagues.
- Tue, Jun 18, 2024, 10:00 AM - 11:00 AM EDT
- Register by Tue, Jun 18, 2024, 10:10 AM EDT
- DISTRICT OF COLUMBIA > WASHINGTON DC > B249 LONGWORTH HOB
- LONGWORTH HOB, Rm B249, WASHINGTON, DC, USA 20515
- <https://house.csod.com/ui/lms-learning-details/app/event/01fb2e7f-3afd-484c-9a40-f77608840e5f?session=d464ebc9-e258-4a91-b9c6-76f3cc621b17>

Bringing Self Care to Life Webinar

- Join us for an opportunity to connect, relax, and learn how to prioritize self-care. During this session, participants will identify the value of self-care. They will brainstorm ideas of what self-care can look like as well as obstacles that may get in the way. By the end of the session, participants will create a personalized self-care plan.
- Thu, Jun 20, 2024, 11:00 AM - 12:00 PM EDT
- Register by Thu, Jun 20, 2024, 11:10 AM EDT
- Virtual Classroom, WASHINGTON DC, DISTRICT OF COLUMBIA
- <https://house.csod.com/ui/lms-learning-details/app/event/27ad008e-34d7-408a-b29b-2735803007a2>

Phone Best Practices for Interns

Join the CAO's Intern Resource Office and panel guests from the Office of Employee Assistance, the Office of the Whistleblower Ombuds, and the House Sergeant at Arms for a discussion on best practices when answering the phone in your Member office. Panelists will share tips on handling difficult calls, what to do if a whistleblower calls your office, how to de-escalate an aggressive call, and how to manage stress and practice self-care when answering the phone in your office. You'll also receive helpful resources to help you navigate your internship at the House.

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| In Person Session Wednesday, June 26 11 -12:30 p.m. ET B-248 Longworth Register Now | Virtual Webinar Thursday, June 27 2-3:30 p.m. ET Online Register Now |
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Complete Your Mandatory Trainings

Before your internship ends, don't forget to take your mandatory trainings: [Workplace Rights and Responsibilities Education](#), [Cybersecurity Awareness](#), and [Ethics Training](#).

Level Up Your Skills

Find additional professional development webinars, on-demand videos, and in person training via the [Congressional Staff Academy](#), the [CAO Coach Program](#), and [LinkedIn Learning](#).