

Department of Education & Early Development

DIVISION OF INNOVATION & EDUCATION EXCELLENCE

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Dear parents, teachers, principals, and superintendents:

The United States Senate Youth Program (USSYP) has begun its statewide selection process. In March, two Alaskan students will join 104 other delegates for the program's 63rd annual Washington Week—an intensive week-long educational program about the workings of the Senate and the federal government overall. USSYP is sponsored by the US Senate and privately funded by The Hearst Foundation.

The 63rd annual United States Senate Youth Program Washington Week is being planned for **March 1-8, 2025**. The entire week will be planned and coordinated by the Hearst Foundation. It will include many specific functions and events at national landmarks; however, personal free time will be extremely limited. Applicants should take this under consideration when applying.

State delegates will have outstanding leadership abilities and a strong commitment to public service. They generally rank in the top one percent of their states academically. After Washington Week, delegates continue to excel and develop impressive qualities that are often directed toward public service. Each state delegate will receive a \$10,000 undergraduate college scholarship. Students must attend the entire program to receive the scholarship.

Student delegates will visit Capitol Hill, the White House, the Pentagon, the State Department, the Supreme Court, and other historic sites in Washington. The agenda routinely includes meetings with Senators, the President, Cabinet Secretaries, a Justice of the Supreme Court, senior members of the national media, and other policy makers.

The delegate selection is administered by each state's chief school officer in cooperation with high school principals. Eligible delegates must be:

- 1. Current high school juniors or seniors
- 2. An *elected* student officer for the *entire* 2024-2025 academic years (*Please reference the* 2025 brochure for a complete list of eligible positions.)
- 3. Residents of Alaska

Each student must be a resident of the United States and currently enrolled in a public or private secondary school located in the state (including for these purposes the District of Columbia) in which either one of his or her parents or guardians legally resides. Exceptions to the residency rule are made for the Department of Defense Education Activity and for states with schools operating under interstate education compacts.

Following this announcement are the 2025 brochure, student application, and an essay on the experience by one of last year's delegates. Page 5 of the application includes a detailed checklist of required submission items. Please use this checklist to ensure your application is complete. Incomplete applications will **not** be considered.

The Alaska application deadline is 25 October 2024 at 5pm.

The candidate selection process is three part:

- 1. Students who submit complete applications will be initially ranked based on a rubric provided by the Hearst Foundation.
- 2. The top ten applicants will be invited to take the 2025 United State Senate Youth Program Public Affairs and History Exam. This is a proctored exam that will affect an applicant's total score and potential selection as a USSYP candidate.
- 3. After performance on the USSYP exam is factored in, the top five applicants may also be asked to sit for a Zoom interview with the selection committee. Performance during this interview will affect the applicant's total score and potential selection as a USSYP candidate.

The names of students selected will be formally announced mid-December. For more information, interested students in Alaska should contact either their high school principal or myself via the contact information below. They may also access information via the DEED Scholarships & Recognition webpage at https://education.alaska.gov/recognitionprograms/

Sincerely,

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UNITED STATES SENATE ★ YOUTH PROGRAM ★

EDUCATION • LEADERSHIP • PUBLIC SERVICE • RESPECT 63RD ANNUAL WASHINGTON WEEK • MARCH 1-8, 2025



104 STUDENTS WILL BE SELECTED FOR A WEEK-LONG GOVERNMENT AND LEADERSHIP EDUCATION PROGRAM AND WILL EACH RECEIVE A \$10,000 UNDERGRADUATE COLLEGE SCHOLARSHIP.

The United States Senate unanimously passed a resolution in 1962 creating the UNITED STATES SENATE YOUTH PROGRAM (USSYP), a national nonpartisan initiative to provide an annual opportunity for talented high school students with demonstrated leadership abilities to deepen their understanding of America's political processes and strengthen their resolve to pursue careers in public service.

The USSYP brings the highest-level officials from each branch of government to meet with this outstanding group of young leaders — two high school juniors or seniors from each of the 50 states, the District of Columbia and the Department of Defense Education Activity (DoDEA) — for an intensive week-long education and leadership program. The program is merit-based and highly competitive. Each student will also receive a \$10,000 undergraduate college scholarship with encouragement to pursue coursework in history and political science. Now in its 63rd year, the program has been fully funded since inception by THE HEARST FOUNDATIONS as an enduring commitment to preparing young people for civic leadership in our participatory democracy.

Numbering more than 6,200, USSYP alumni serve the country in many ways. They have become leaders in government, law, business, education, journalism, the military, medicine, healthcare, higher education and many other fields. Alumni serve as elected and appointed officials at all levels of government, including a current United States senator, a current cabinet secretary, many congressional staff members, a former governor, former senior political advisors to the president of the United States, former ambassadors and former federal judges. The commonality to their success is the desire to serve.

THE PROGRAM

The 63rd Annual United States Senate Youth Program Washington Week will be held March 1–8, 2025 in Washington, D.C.

Delegates will hear major policy addresses by senators, cabinet members, officials of the Departments of State and Defense, leaders of other federal agencies and senior members of the national media. Delegates also traditionally participate in a meeting with a justice of the U.S. Supreme Court and the president of the United States. Most speaking events include in-depth question-and-answer sessions.

The Hearst Foundations will pay all expenses for Washington Week including transportation, hotel and meals. The Department of Defense (DoD) annually provides a team of competitively selected officers to serve as mentors and chaperones for the student delegates, and a registered nurse, licensed physician and professional security team are in place at all times throughout the week.

APPLICATION AND SELECTION

Two student delegates and a first and second alternate will be designated by the chief school officer from each state, the District of Columbia and DoDEA by December 1, 2024.

The Hearst Foundations will provide \$1,000 to each state-level department of education to assist with the selection expenses for the program and will also provide a rigorous public affairs examination that may be used in the selection process. Applications are generally submitted in late summer and early fall and may be obtained from high school principals and school counselors or directly from the state-level selection administrator or their state Department of Education website. **Application deadline dates** and processes vary by state, and specific application materials may be found on most state Department of Education websites. All state contacts, websites and deadlines are accessible on the USSYP website: ussenateyouth.org

HOW TO QUALIFY

Qualified high school juniors or seniors must show demonstrated leadership by serving in elected or appointed positions in which they are actively representing a constituency in organizations related to student government, education, public affairs and community service. They must be actively serving in qualified leadership positions, enrolled in high school and living in the state (and for these purposes, the District of Columbia) that they will represent for the entire 2024–2025 academic year.

The DoDEA central administrative office will select the DoDEA delegates and alternates residing overseas. Military dependents who reside and attend schools in the U.S. shall apply for the program under the RESIDENCY ruling shown below.

Alternate delegates will be selected as replacements if a primary delegate is unable to participate in Washington Week. If the primary delegate is unable to attend, The Hearst Foundations must be notified in advance.

Attendance during the entire Washington Week program is required to receive the financial scholarship; appropriate disposition of scholarship funds will be determined by the program director if a primary delegate is unable to attend the program due to emergency circumstances or is dismissed.

Selection will be based on the student's outstanding abilities and demonstrated qualities of leadership in an elected or appointed student office for the entire 2024–2025 school year. **The primary purposes of the qualifying leadership position must be representation of a constituency and service to others.** A student who graduates high school at the close of the fall 2024 semester/quarter is not eligible to apply for the program, and students other than DoDEA delegates must be residing in one state of primary residence in the U.S. during the entire 2024–2025 academic year to participate.

- 1. Any high school junior or senior student is eligible for the program provided they have not previously been a delegate to Washington Week and have not received a USSYP scholarship. The student must hold a high-level leadership position in any one of the following student government, civic or educational organizations during the entire 2024–2025 academic year:
 - **a.** Student body president, vice president, secretary or treasurer
 - **b.** Class president, vice president, secretary or treasurer
 - c. Student Council representative
 - d. A National Honor Society officer (including discipline-based Honor Societies such as the National English and Social Studies Honor Societies that include service components)
 - e. Student representative elected or appointed (appointed by a panel, commission or board) to a local, district, regional or state-level civic, service and/or educational organization approved

by the state selection administrator, where the student holds a high-level, year-round leadership position representing a constituency and /or providing service to others.

- Participation or holding an officer
 position in academic clubs, educational
 competition programs/conferences or
 organizations designed primarily for the
 student's personal development and
 enrichment do not qualify a student for
 the USSYP, although many students who
 qualify participate in these activities. The
 positions listed below <u>DO NOT</u> qualify
 the student for the program:
 - Attendance or officer position at Boys/ Girls Nation or State, or Junior State conferences
 - Member of a National Honor Society (serving as an elected officer for the organization for the entire school year is acceptable)
 - Member or leader of the Boy Scouts, Girl Scouts, or a sports team (commander or squadron leader of any service branch JROTC will qualify)
 - A founder or chairperson of a self-created group
 - A participant, captain or officer in Mock Trial, Debate Team, Model UN or other academic club, mock legislature, conference or competition where the primary engagement is for individual educational benefit.

RESIDENCY: Each student must be a legal permanent resident or citizen of the United States at the time of application. Students must be enrolled for the entire academic year in a public or independent high school located in the state (and for these purposes, the District of Columbia) in which at least one of their parents or guardians currently resides. Home-educated students must be approved by their state department of education to apply.

Exceptions to the residency requirement will only be made in the following cases:

- a. Students from DoDEA overseas will represent the state(s) of which the parents/ guardians are U.S. legal voting residents. Students attending DoD schools in the U.S. or students enrolled through U.S. military bases in local schools must be residing in the state in which their school is located for the entire academic year.
- b. Students may reside in a state other than the state in which they attend school if they are enrolled in the only designated public high school available to them in a school district that crosses contiguous state borders through legal interstate agreement. Students in these schools shall make application to the program through the state where the high school is located and shall represent that state if selected.

PROGRAM RULES

- All delegates must agree to fully block both arrival and departure travel days to participate in Washington Week.
- NO TOURS OR TRIPS WILL BE PERMITTED BY INDIVIDUAL **DELEGATES WHILE TRAVELING TO** OR FROM WASHINGTON, D.C. OR WHILE IN WASHINGTON, D.C. THIS **POLICY INCLUDES ANY OTHER OUTSIDE ACTIVITY, CONFERENCE,** SCHOLARSHIP COMPETITION OR **EVENT OF ANOTHER ORGANIZATION** THAT IS CONDUCTED IN WASHINGTON. D.C. OR THE SURROUNDING AREA **DURING THE TIME FRAME OF** THE USSYP WASHINGTON WEEK, AND INCLUDES ANY OUTSIDE APPOINTMENT OR EVENT DURING THE PROGRAM WEEK.

All travel provided by The Hearst Foundations is round-trip only and scheduled within the time frames listed below. ALL TIMES EASTERN TIME:

ARRIVAL D.C.: Saturday, March 1, between 6:00 AM and 5:00 PM

DEPARTURE D.C.: Saturday, March 8, between 5:00 AM and 9:00 AM

- 3. The chief state school officer from each state, the District of Columbia and DoDEA must submit in writing to The Hearst Foundations by **DECEMBER 1, 2024**, the names of the two delegates and two alternates. Upon confirmation of qualifications, the program requires each delegate to submit a statement of participation including a code of conduct agreement to be signed by students and parents/legal guardians. All program rules apply to the group as a whole, defined as minors.
- Code of Conduct: Delegates will be the quests of the United States Senate and The Hearst Foundations throughout the program and are required to conduct themselves with civility, dignity and professionalism. Debate and discussion are actively encouraged in an environment of tolerance, respect and inclusion. Students selected to the program are serving as at-large public representatives of their states, communities and schools, and attend the program to learn from the speakers and from one another. Students are prohibited from engaging in lobbying, petitioning, protest or overt political activism during Washington Week. Cyberbullying and bullying of any kind will not be tolerated. Delegates must comply with all program health and safety policies.
- It will be the responsibility of the parents/ legal guardians to transport (at their expense) each delegate to the nearest commercial airport or train station that provides round-trip travel to Washington, D.C., from their hometown. All itineraries will be designed for the least amount of travel time and most direct routing.
- **6.** No arrangements for individual religious practices or services other than dietary

- guidelines will be made during Washington Week. Parents are not allowed to chaperone their child, and roommates are designated by the program. This policy will be strictly observed from the time the student delegates arrive at the Washington area airports, train station and program site until they return home.
- The program does not allow any individual or group athletic activities outside of the hotel facility.
- 8. Failure to abide by rules and requirements of the program will result in dismissal from the program and forfeiture of the \$10,000 scholarship award. Rules related to the USSYP and scholarship award shall be construed, interpreted and applied by The Hearst Foundations, whose action and determination shall be final and binding.

SCHOLARSHIP

The Hearst Foundations believe it is in the public interest to encourage these outstanding young people to continue their educational development. The \$10,000 undergraduate college scholarship award is subject to the conditions and requirements specified below. Additional detailed scholarship information will be provided to the delegates after Washington Week. Certificates representing the award will be presented to the delegates during their visit to Washington, D.C., often personally signed by their senators.

SCHOLARSHIP RULES

- The \$10,000 college scholarship and attendance at the Washington Week program are one inseparable award. Delegates must participate in the Washington Week program in accordance with all program rules and policies in order to receive the financial scholarship.
- 2. The USSYP scholarship is designated for undergraduate college study only at an accredited United States college or university. All students are encouraged to include history, political science or related subjects in their undergraduate program.
- 3. The \$10,000 scholarship is designated for the specified student's education expense and must be used within four years after enrollment. Funds are paid directly to the college or university on the student's behalf. No funds may be given directly to a student. The scholarship will be issued in either one payment of \$10,000 or increments of \$5,000 or \$2,500.
- 4. Students attending military academies (U.S. Army, U.S. Navy, U.S. Air Force and U.S. Coast Guard) may draw the USSYP scholarship per the guidelines to purchase required military uniforms, books, computer equipment and other educational materials.
- 5. A student will automatically forfeit eligibility for a scholarship award by failure to abide by all rules and requirements pertaining to the program and the scholarship or in the event of misconduct as a delegate to the United States Senate Youth Program.



THE WILLIAM RANDOLPH HEARST FOUNDATION

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UNITED STATES SENATE RESOLUTION 324

In 1962, Senate Resolution 324, submitted by Senator KUCHEL (for himself and Senators MANSFIELD, DIRKSEN, and HUMPHREY), was referred to the Committee on Rules and Administration, and, subsequently, unanimously approved by the United State Senate as follows:

WHEREAS the continued vitality of our Republic depends, in part, on the intelligent understanding of our political processes and the functions of our National Government by the citizens of the United States; and

WHEREAS the durability of a constitutional democracy is dependent upon alert, talented, vigorous competition for political leadership; and

WHEREAS individual Senators have cooperated with various private and university undergraduate and graduate

fellowship and internship programs relating to the work of Congress; and

WHEREAS in the high schools of the United States, there exists among students who have been elected to student body offices in their junior or senior year a potential reservoir of young citizens who are experiencing their first responsibilities of service to a constituency and who should be encouraged to deepen their interest in and understanding of their country's political process: Now, therefore, be it

RESOLVED, That the Senate hereby expresses its willingness to cooperate in a nationwide competitive high school Senate youth program which would give several representative high school students from each State a short indoctrination into the operation of the United States Senate

and the Federal Government generally, if such a program can be satisfactorily arranged and completely supported by private funds with no expense to the Federal Government.

RESOLUTION 146. To amend S. Res. 324 of the Eighty-seventh Congress to provide for the participation of the Department of Defense education system for dependents in overseas areas in the Senate Youth Program.

Resolved, That S. Res. 324, Eighty-seventh Congress, agreed to May 17, 1963, is amended by adding at the end thereof the following new section:

Section 3. For the purpose of this resolution, the term "State" includes the Department of Defense education system for dependents in overseas areas.

2025 United States Senate Youth Program Alaska Department of Education & Early Development Student Application Form





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ALASKA USSYP 2025 APPLICATION

School Information		
_	ate High School (any school other than	
School District:	High School:	
School phone:	Full address:	
Principal's name:	Email:	Phone:
Student must attend high sch	ool in the state at least one parent/gu	uardian resides for the <u>entire</u> school year.
Applicant Information		
Students legal first, middle, la	st names:	
Preferred name:	Email:	Contact phone:
Full mailing address:		
Birthdate:	Age: Grade:	Gender identification:
Applicants must be U.S. citize	ens or have permanent residency <u>at t</u>	the time of application.
☐ YES I am a U.S. citize		
		t in possession of my official Green Card a
of this application	•	. In possession of my official dicenteata a
Parent/Guardian Information	1	
Parent/Guardian #1 full nam	e with prefix:	
Phone - cell/home:	Email:	
Full home address:		
Full nome address:		
Elected office		
	now hold for the entire 2024-2025 sc	chool year in one of the following student
government, civic, or educati		-
☐ Student Body President		☐ Student Body Vice President
	☐ Student Body Secretary	•
☐ Student Body Treasurer		•
☐ Officer in a National Honor		☐ Other (explain below)
Other explanation:	, ,	

The positions listed below DO NOT qualify the student for the program:

- Attendance or officer position at Boys/Girls Nation or State summer conference
- General Member of a National Honor Society (serving as an elected officer is acceptable)
- Member or leader of the Boy Scouts, Girl Scouts or a sports team
- A founder or chairperson of a self-created group
- A participant, captain or officer in Mock Trial, Debate Team, Model UN or other academic club, mock legislature, conference, or competition where the primary engagement is for individual benefit.

What do you do to serve your community and support your constituency year-round in this position:			
What is your rank in scholastic standing of your class?			
□ Upper 1% □ Upper 5% □ Upper 10% □ Upper 15% □ Upper 25%			
Your principal's signature here certifies the above percentage.			
rour principal's signature here certifies the above percentage.			
Parent/Guardian Confirmation			
Parents or guardians <u>must</u> sign below to approve for the applicant to go to Washington, D.C. for a week to attend t United States Senate Youth Program under the conditions set forth in the rules and regulations of the program			
brochure: https://ussenateyouth.org/wp-content/uploads/2024/05/USSYP-Official-2025-Brochure.pdf			
brochare. https://usschateyouth.org/wp-content/uprodus/2024/05/05511 Official 2025 Brochare.pdr			
Parent/Guardian #1 Name:			
Parent/Guardian #1 Signature (REQUIRED):			
Date (MM/DD/YY):			
Sole guardian? ☐ Yes ☐ No			
Parent/Guardian #2 Name:			
Date (MM/DD/YY):			
Principal Confirmation			
In addition to my letter of recommendation, I verify this student is holding the leadership position noted and			
is endorsed to represent our school and state if chosen:			
Principal's Name:			
Principal's Signature (REQUIRED):			
Email:			
Date (MM/DD/YY):			
NOTE: Each high school may recommend only one student.			
Qualifying Position Organization Leader (QPOL) Confirmation			
QPOL Name:			
QPOL Signature (REQUIRED):			
Email:			
Date (MM/DD/YY):			

Letters of Recommendation

Submit two letters of support and recommendation. One from either the high school principal or school counselor, and one from the adult representative of the organization where the student is currently holding a qualifying leadership position for USSYP.

Written Persuasive Essay

Your essay must be titled, typed in 12-point font, double-spaced, and not to exceed two pages in length with one-inch margins. Your works cited page for the persuasive essay is not included in the maximum page length.

Submit a persuasive essay researched and written on a topic of social significance related to a contemporary state, national, or world event. Select a topic important to you, take a stand, relate its import to you, and defend your position. The essay will be judged on organization, ideas and content, evidence of personalization, and writing conventions *including citation of sources*.

All essays will be checked for AI writing. **Using Chat-GPT or other AI interface to write your essay will result in automatic disqualification from the USSYP program.**

Résumé or Curriculum Vitae

Attach a professional résumé or CV that details your experience and leadership roles. It must be typed in 12-point font and not exceed two pages in length with one-inch margins. Your résumé/CV should include, but is not limited to:

- A statement of how your participation in USSYP will enhance your understanding and interest in the political and governmental process of the United States.
- Current elected student position held and all past involvement in student government.
- Activities and achievements that demonstrate leadership in your school and community.
- Involvement in community service initiatives or programs outside of school.
- Future goals including public service through elected positions.
- Relevant work experience

Biographical Sketch

Write a short paragraph describing yourself and detailing your important leadership positions, public service, and accomplishment other than the primary position noted on the application form. (150-word limit)

Video Presentation for Application Submission

Public speaking is a core component of the USSYP. Each student applicant should prepare a short video presentation, no more than three minutes in length, as part of the 2025 application, to be judged for public speaking skill, vocabulary, originality, organization of presentation, knowledge of any material or content presented, clarity of artwork (charts, graphs, slides if used) and overall presentation.

Video essay topic: Imagine that you are a newly elected Senator for Alaska. Describe who you are, why you are proud to represent Alaska. Tell us the personal characteristics you feel will make you an effective leader in Washington. Note what legislative initiatives you will champion and why they are important to you and your constituents. Note any historical leadership figures you would like to emulate.

Your video file must follow these rules:

- Name your video file as "lastname.firstname.school"
- Acceptable formats are .MP4, .AVI, and .MOV.
- If you do not follow these guidelines, your video will not be reviewed, and your application deemed incomplete.

UPLOAD YOUR VIDEO AT:

https://form.jotform.com/232055488915160



CHECKLIST OF APPLICATION MATERIALS

Materials received after 5:00pm on October 25, 2024, will be automatically declined for submission for the 2025 program.

- Completed USSYP 2025 application PDF form
- Official academic transcript with non-weighted GPA
- Resume or Curriculum Vitae
- Biographical Sketch
- One essay on a contemporary issue
- Video essay submission
- Two letters of support. One from either the high school principal or counselor, and one from the adult advisor to the organization or student body entity that they represent confirming the student's leadership position, their leadership qualities, and personal attributes.
- · Signatures of:
 - o Principal (twice, page 3)
 - Parent(s)/guardian(s) (page 3)
 - Qualifying Position Organizational Leader (page 3)

All above items must be submitted with the application package. Do not send extra materials. They will not be considered.

IMPORTANT REMINDERS

- Submit all complete application as a single Adobe Acrobat (.PDF) file. If you do not know how to do this, ask for help from a local source.
- Make sure any scanned pages are <u>completely</u> legible.
- All signatures must be original and in blue ink.
- Late or incomplete applications will not be considered.
- The letters of support **must accompany** the application.
- Be sure to upload your video at the designated site using the required naming conventions.
- Have your registrar submit your official transcript as an encrypted .PDF file directly to the DEED program
 officer.
- Do not send photos or certificates or awards. No materials will be returned.

SELECTION PROCESS

The selection panel will assess indicators of leadership ability, high scholastic achievement, ability to think logically and communicate clearly, and community and school involvement. The top ten finalists may be asked to complete a civics examination and/or participate in a Zoom interview during the selection process.

APPLICATION SUBMISSION ADDRESS

Email your complete application to the DEED program officer: Dr. Bjørn Wolter (bjorn.wolter@alaska.gov). Make sure to put your name and program in the subject line. Have your registrar or principle send your official transcripts directly to the program officer in a separate email.

Elizabeth Djajalie, AK - 2024

WASHINGTON – As Alaska Airlines flight 2 descended into the Ronald Reagan Washington National Airport, I felt the anticipation for the week ahead build inside me. Yes, I was now four hours ahead of my home time zone, but it felt as if I had been flown backward in history. Here was the city of inaugurations, memorials, and cherry blossoms, of State of the Union addresses, galleries, and court rulings. The 2024 United States Senate Youth Program was my first time in Washington, D.C. Before then, Capitol Hill, the Supreme Court, Arlington National Cemetery, and the White House were juggernauts to be pored over on the New York Times or Wall Street Journal pages. Washington Week would forever change my perception and understanding of our nation's capital, government, and the people we choose to lead us.

"The further away I got from home, the more I realized how important it was to be from somewhere." My ballpoint pen slid across the ivory page, trying valiantly to capture the depth of Secretary of Transportation Pete Buttigieg's words. Yet, no shade of ink could record the tones of sincerity, care, and nostalgia present in the secretary's voice that morning. That remains in my memory. I will always recall the moment Secretary Buttigieg walked into the ballroom of the Mayflower Hotel. I can still hear the sound of one hundred and four delegates standing up in unison, a show of respect for our distinguished guest. The secretary's knowledge of his job was unparalleled of course, but what struck me most was his humanity. When he spoke about his experiences of serving in the armed forces, of leaving home for the first time, of balancing work and love – those stories made me realize that the legends that lead us are, at the core, deeply human. Like us, they are from somewhere. Like us, they go home to someone who reminds them of the people their service impacts every day.

Light streamed through the tall windows of the Kennedy Caucus Room. A minute ago, my fellow delegates and I had walked through the white halls of the Russell Senate Office Building, surreptitiously glancing into the offices with open doors, windows into the daily workings of our government. Our speakers arrived, and the room rose as one to greet Secretary of the U.S. Senate Sonceria Ann Berry and U.S. Senate Parliamentarian Elizabeth MacDonough. More than the light coming in through the windows, the most illuminating part of my time in that room was when a fellow delegate asked our speakers about their experiences during the January 6th attack on the U.S. Capitol. Bravery and determination blended in the Parliamentarian's voice as she described the vandalized offices, the fear, but also the heroism of her and her staff who saved the presidential election ballots from the rioters. Her story and the work she does each day is a reminder of the dedication to democracy I strive to apply to my own service now and in the future.

"Spend time with people who fill the gaps within yourself," said Associate Justice Elena Kagan. What I remembered most upon entering the Supreme Court was the red: the red in the ceiling, the red in the drapery on the walls behind where the nine justices sat, the red in the carpet. What I remembered most walking out of the Supreme Court was not the color but the people I was surrounded by. Between the one hundred and four of us, there were advocates of educational equality, equal access to voting, and broad issues on either side of the aisle. During my week in Washington, I met people with views I both agreed with and disagreed with, but common among all the delegates I conversed with was a willingness and eagerness to engage in meaningful dialogue. Each of the one hundred and three delegates I shared Washington Week with has left an indelible mark on me and given me a conviction that our country is in good hands. These are the people that fill the gaps within myself, and I look forward to spending time with them for years and decades to come.