In total, **537 current and prospective interns registered for the event**, of which
- 47% are current Congressional interns, and
- 53% are prospective interns or interns for other organizations.

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

<table>
<thead>
<tr>
<th>Year in school</th>
<th>Current interns</th>
<th>Prospective interns</th>
</tr>
</thead>
<tbody>
<tr>
<td>High school or gap year</td>
<td>5.2%</td>
<td>2.7%</td>
</tr>
<tr>
<td>College underclassman</td>
<td>10.9%</td>
<td>38%</td>
</tr>
<tr>
<td>College upperclassman</td>
<td>46.1%</td>
<td>26.5%</td>
</tr>
<tr>
<td>Graduated college</td>
<td>24.8%</td>
<td>12.4%</td>
</tr>
<tr>
<td>In graduate school</td>
<td>13.0%</td>
<td>20.4%</td>
</tr>
</tbody>
</table>

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CURRENTLY SERVING CONGRESSIONAL INTERNS:
The following information pertains to the 47% of attendees currently serving in a Congressional internship.

Education*:
*Responses total more than 100% because interns could pick more than one option to describe their current institution.
- 48.8% State School
- 38.5% Private College/University
- 7.7% HBCU
- 3.6% Community College
- 1.8% HSI

Demographics:
Registrants were asked how they would identify their gender; the following data were normalized from these responses:
- 58% female
- 41% male

Sexual orientation: registrants were asked if they considered themselves a member of the LGBTQ community:
- 71.4% No
- 20% Yes
- 8% Prefer not to say

Race and Ethnicity: registrants were asked to select all that apply from a standard US Census ethnicity list.
- 50% White
- 19.8% Black or African American
- 9.4% Hispanic, Latino, or Spanish origin
- 7.1% Asian or Asian American
- 2.8% White and Hispanic, Latino, or Spanish origin
- 2.4% White and Asian or Asian American
- 2.4% Middle Eastern or North African
- 1.9% White and Black or African American
- 0.5% White and Middle Eastern or North African
- 0.5% Asian or Asian American and Native Hawaiian or Pacific Islander
- 0.5% Black or African American and Asian or Asian American
- 0.9% Black or African American and Hispanic, Latino, or Spanish origin
- 0.5% White and American Indian or Alaska Native
- 0.5% White, American Indian or Alaska Native, and Native Hawaiian or Pacific Islander
- 0.5% White, Black or African American, and Asian or Asian American
- 0.5% Prefer not to say

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Household Background:
More than half of currently-interning attendees fall into what Pew Research defines as a ‘middle income’ household, between $50,000 and $150,000 in annual income.
- 22.1% over $150,000
- 59.7% between $50,000 and $149,999
- 18.2% less than $50,000

Highest level of education attained by a parent or guardian:
- 46.5% one or more graduate degrees
- 27% Bachelor’s degree
- 3% Associate’s degree
- 8.5% Some college but no degree
- 11.5% High school or equivalent
- 3.5% Less than a high school degree

PATH TO A CONGRESSIONAL INTERNSHIP

Interns come to Congress with a variety of backgrounds and experiences; however, some commonalities stood out:
- 72.2% of registrants had held a leadership position in student government or an extracurricular activity
- 64.4% had held a customer service position (e.g. retail, hospitality, call center, etc)
- 43.4% had worked in an office job (e.g. assistant, receptionist, etc)
- 42.9% had worked on a campaign
- 27.8% of registrants had previously completed an internship in government, and 18% had previously interned in Congress
- 27.8% had worked in a writing job (e.g. student journalism, copywriting, social media management)
- 15.6% had done freelance work or run their own business
- 5.4% had completed a service fellowship (e.g. Teach for America, CityYear, etc)
- 2.9% had prior military service.

When asked to reflect on the biggest barriers to obtaining a Congressional internship, current interns noted challenges with:
- 62% Affording relocation costs or DC cost of living
- 48.4% Getting through the competitive selection process
- 42.4% Feeling qualified enough to apply

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CHAMBER AND PARTY OF OFFICES REPRESENTED

237 interns gave enough information to identify their office, caucus, or committee. 124 House offices or committees and 14 Senate offices or committees were represented, as well as several bicameral caucuses.

79% of the registered current interns are serving in a Democratic office, and 21% of registered current interns are serving in a Republican office. 75.7% of all offices represented were Democratic, and 24.3% of offices represented were Republican.

THE CONGRESSIONAL INTERNSHIP EXPERIENCE

When asked to reflect on what they hoped to gain from a Congressional internship experience, interns noted:
- 28.7% Decide on a career in public service
- 25.7% Learn how government works
- 22.8% Expand network of mentors

And when asked what, if anything, was a concern as they started their internship experience, interns noted:
- 61.1% Finding mentors
- 60.1% Learning lots of new procedures quickly
- 60.1% Getting up to speed on how Congress works

Of currently interning offices, there was a clear split between Republican and Democratic offices on the type of internship offered:

<table>
<thead>
<tr>
<th>Work type</th>
<th>Total</th>
<th>Ds (% of this work type)</th>
<th>Rs (% of this work type)</th>
</tr>
</thead>
<tbody>
<tr>
<td>In person (DC)</td>
<td>103 (45.5%)</td>
<td>56 (59.6%)</td>
<td>38 (40.4%)</td>
</tr>
<tr>
<td>Hybrid</td>
<td>80 (35.6%)</td>
<td>73 (91.3%)</td>
<td>2 (2.5%)</td>
</tr>
<tr>
<td>Virtual</td>
<td>28 (12.4%)</td>
<td>24 (85.7%)</td>
<td>1 (3.6%)</td>
</tr>
<tr>
<td>In-person (district)</td>
<td>14 (6.2%)</td>
<td>11 (78.6%)</td>
<td>2 (14.3%)</td>
</tr>
</tbody>
</table>

72.1% of interns reported receiving a stipend from their employing office, with no significant difference between Republican and Democratic offices.

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