

Congressional Management Foundation Survey of 1,400+ Congressional Staff
Question: **What does working in Congress mean to you?**

"A desire to help make our nation a better place for the future"

- House Chief of Staff

"Helping out my home state is my main motivation. I feel that through elected officials, constituents have the ability to influence policy decisions and as a staffer, we are here to help achieve those visions."

- House Legislative Assistant

"Serving the Senator to best represent his constituency."

- Senate Legislative Assistant

"Being able to help my boss help my state."

- Senate Special Advisor

*"Working in Congress means that I'm one of the few Americans who has the privilege to work in a place that has a profound significance to our country's culture and economy (and much of the worlds), not to mention a very powerful and historical place. Working here is an adventure every day, but unfortunately, lately that adventure has become depressing. You must accept that as a Congressional staffer, many Americans see you as an entitled, out-of-touch enemy, which is exactly the opposite of how we see ourselves. To me, being a staffer means you must be content to serve the public quietly or being vilified while you're doing it, and often for lesser pay than other federal employees. Between the nasty political rancor, sometimes round-the-clock hours, and low pay, you have to *really* want to be a public servant. That's why so many of us only last a few years here, and why my office is such a spectacular one in which to work."*

- Senate Deputy Communications Director/Press Secretary

"Everything"

- House Scheduler

"Assisting in the legislative process. Organizing and managing citizen ideas and opinions."

- House Receptionist/Staff Assistant

"I feel as though the hands on work I do in the State Office has a direct impact on individuals because of the influence of a Congressional office."

- Senate State Director

"Prestigious"

- House District Director

"Trying to be a part of making the world a better place. We are fixing what's broken and helping give a voice to those in need."

- House Office Manager

"Learning and an opportunity to help people in all aspects of my job."

- House State/District Scheduler

"It has allowed me the opportunity to understand the entire political process and the specific role of the Representative."

- House Caseworker/Constituent Services Supervisor/Director

"A chance to give back to the society in which I have been so fortunate."

- House Caseworker/Constituent Services Representative

"helping the greater public who believes in the power Congress and their government."

- House Caseworker/Constituent Services Representative

"It means you influence the lives of people on a daily basis and in some cases are able to assist them immediately. Public policy affects peoples lives and because I work for a member of congress, I am part of that process. It is gratifying to know that you are part of something big and as a public servant are doing your part to advocate for those who do not have a voice."

- House Caseworker/Constituent Services Representative

"My job is meaningful and I can see how I help people and they appreciate what we have done for them and it makes me feel good ."

- Caseworker/Constituent Services Representative

"interesting work and ability to contribute locally"

- House Field Representative

"Working for Congress means assisting my Representative with the vision she has for America. I also get great joy from assisting the people of my state in their dealings with the federal government."

- House Field Representative

"Helping communities/individuals help themselves through legislation."

- Senate Field Representative

"It means helping constituents with their various issues or concerns regarding federal agencies. It also means listening to people- regardless of their opinion or ideas, and showing them that someone will take the time to listen to their voice and what they have to say."

- House State/District Receptionist/Staff Assistant

"Pursuing public policy to benefit country"

- Senate Legislative Director

“Ability to make a difference; to make the world a slightly better place when I leave it, than when I came in; give back to those who need it most but were not granted the enormous privilege I have been given; serve a good greater than the pursuit of profit.”

- House Chief of Staff

“I enjoy working for my home district. I know how things will influence my friends and family back home compared to the rest of the country and want to look out for them. I also feel like we are at a big change in America's history and want to say that I tried to do something to make it better”

- House Legislative Assistant

“The opportunity to be a part of something much larger than myself--serving a senator with a clearly defined vision who is a person of principle and commitment. He has been a force for responsible leadership and constructive legislation serving the needs of our constituents and our nation. Despite the long hours and demands it imposes on both me and my family, I consider this opportunity to serve as a rare and special privilege.”

- Senate Legislative Assistant

“It's an opportunity to 'give back.'”

- Senate Special Advisor

“Working for Congress means that I am a part of helping our Nation grow each year. The Nation doesn't grow by itself; people grow the nation!”

- House Financial Administrator

“I believe that every Congressional employee matters in the Congressional environment no matter the job or the job title.”

- House Scheduler

“Being able to help a greater number of people.”

- House Receptionist/Staff Assistant

“I'm making a contribution to a better nation.”

- Senate State Director

“Public Service. An opportunity to make my country and the world a better place.”

- House District Director

“I learn something new all the time. I get to assist people with problems with federal agencies which also allows me to learn. The training with the Senate is fantastic and I enjoy facing new challenges.”

- Senate Office Manager

“Valued responsibilities, relationships, accomplishments, pride.”

- House State/District Scheduler

"It is an opportunity to help people directly (I do casework and outreach)"

- House Caseworker/Constituent Services Supervisor/Director

"A chance to work in support of a person of integrity as we serve the people of the district"

- House Caseworker/Constituent Services Representative

"Helping those that need it most. Making a difference in people's lives."

- House Caseworker/Constituent Services Representative

"It provides me a chance to serve my fellow Americans while feeling as though I am at the center of big national issues."

- House Caseworker/Constituent Services Representative

"It means I get to help people. It allows me to have a voice for the constituents. It allows me to gain experience so I might one day hold public office."

- House Caseworker/Constituent Services Representative

"Interesting, important work that contributes to the present and future quality of life in my state and our country and promotes accessible, representative democracy."

- House Field Representative

"Working for Congress means I am part of the solution, and not the problem."

- House Field Representative

"Helping people, compensation, medical benefit and other benefits, staying involved and informed with the United States government and other governments."

- Senate Field Representative

"It means helping people even when you don't want to. Understanding more that what the public does on certain issues."

- House State/District Receptionist/Staff Assistant

"the opportunity to help a Member implement their public policy goals and help a Member transition to a new environment in which I want them to succeed. Helping accomplish good things and stop others from implementing bad policies."

- Senate Legislative Director

"ability to serve and make a difference on key issues"

- House Chief of Staff

"I get to try and make the world a better place."

- House Legislative Assistant

"The opportunity to learn about and evaluate different policy options, and help people navigate the legislative process."

- Senate Legislative Assistant

"It's an opportunity to make a difference and serve."

- Senate Special Advisor

"A chance to aid others and give back to my community and country"

- House Deputy Chief of Staff/Administrative Director

"I think that if I can make at least one person's life better every day, I am doing my job. Also, if I can show someone where to get help, I feel satisfied."

- House Scheduler

"I get to see on a basic level how much an individual's decisions impact the world around him."

- House Receptionist/Staff Assistant

"it's a way for me to help impact federal policy that impact real people. so many times you have federal legislation with a one size fits all and it doesn't work that way. i would like to think i can assist with having policy and practice come together, however the political process isn't always about what and how policy actually impact people. i know the federal government touch every american life in one way or another, i would like to think the government can assist in a meaningful way."

- Senate State Director

"Serving people. untangling the bureaurcracy."

- House District Director

"public service is important to me and Capitol Hill has been a long term career for me. I enjoy most of the people working on the Hill and I have been proud of my career."

- Senate Office Manager

"Working for Congress gives me an opportunity to make a difference in my Community"

- House State/District Scheduler

"It means assisting constituents on a federal level. When an individual has a problem with a federal agncy, I can assist or if they want federal legislative changes, I can relay that to the US Rep."

- House Caseworker/Constituent Services Supervisor/Director

"An honor and highly accomplished when able to help our constituents."

- House Caseworker/Constituent Services Representative

"I am employed by the constituents whom I serve. My goal is to do what is best for them within the boundaries of the law."

- House Caseworker/Constituent Services Representative

"Means helping people and helping the Member with his vision and goals."

- House Caseworker/Constituent Services Representative

"I enjoy being able to effect peoples' lives in a positive way. I like learning new information and being somewhat knowledgeable on a variety of topics that impact Americans."

- House Caseworker/Constituent Services Representative

"Involved in issues of my communityt."

- House Field Representative

"Working in Congress means serving our country and the people. It means that we help people who need assistance and help them understand the process. As staff who work in the DO, we work hard to bridge the distance that separates DC and our District by being out in the community, trying to make Congress and the federal government more local to our constituents. As staff, I hope that, even though we are part of the big federal government, people know that we do care and want to help them have a better quality of life."

- House Field Representative

"It means I work for someone I respect and who is making a difference plus I find the work personally meaningful."

- Senate Field Representative

"Offers opportunity to actually help constituents specially veterans"

- House State/District Receptionist/Staff Assistant

"Working in Congress is not only an opportunity to make life better for the people of the United States, but also an opportunity for me to learn first hand how this country functions. I love the fast pace, the wide variety of issues, and the feeling of accomplishment when I help a constituent."

- Senate Legislative Director

"helping others resolve problems with the government"

- House Chief of Staff

"Invaluable experience; an interesting, unpredictable environment; and the opportunity to actually change the world."

- House Legislative Assistant

"Doing my part in helping people find consensus to solve national policy problems."

- House Legislative Correspondent

"Serving the goals of a member I believe in."

- Senate Special Advisor

"A chance to for folks to do the right thing and think about others. Doesn't seem to happen around here often enough lately."

- House Deputy Chief of Staff/Administrative Director

"I work in a little embassy for my state. Whenever I'm feeling down or stressed, I keep in mind that I'm working for my friends and neighbors. My job doesn't suck, but there are difficult moments and difficult seasons. Working in Congress has been my substitute for serving in the Military. I want to serve my country, and I didn't medically qualify for a uniform."

- House Scheduler

"I have an opportunity to shake public policy that can positively effect the nation and perhaps the world."

- House Receptionist/Staff Assistant

"Other than my family, it is the most important aspect and achievement of my life."

- Senate State Director

"Serving the public for a member I believe in who has the best interest of his community and region."

- House District Director

"Serving the United States of America"

- Senate Office Manager

"Ability to maximize members in state schedule and ability to interact with his constituents."

- Senate State/District Scheduler

"It means helping people in my congressman's district as effectively as possible with any federal problem they may encounter. I believe in my Congressman's vision and enjoy being able to represent him as an employee."

- House Caseworker/Constituent Services Supervisor/Director

"An opportunity to make a difference in the lives of constituents and be part of the solution"

- House Caseworker/Constituent Services Representative

"I could not work for a member I did not believe in so for me it's about representing the best of Congress. There is a lot of pride knowing that you are representing a member of Congress in their district."

- House Caseworker/Constituent Services Representative

"Opportunity to serve the people in my community to resolve/address federal issues. It means everything to be able to give them hope and resolution to difficult problems. Many (veterans, other public servants) have already given more than I will ever be able to for the freedoms that I enjoy. Being here I can give just a wee bit back I also love watching the fabric of our country's policies change before my eyes."

- House Caseworker/Constituent Services Representative

“Working in Congress means that I get to help people. I get to make a distance and clear road blocks when I can. If Federal Government offices are not able to assist the constituent then I try to lead them in a direction where they can obtain the help they need! Its personal satisfaction that when I go home, I know that I have done my very best to help as many people as possible. It means that I am part of something big and good and satisfying.”

- House Caseworker/Constituent Services Representative

“It allows me to contact the people government effects and come up with a solution.”

- House Field Representative

“Working in Congress means working for the people, all people, and in particular, the underserved. It means learning how to navigate a system to help empower voices that ware often times overlooked in society.”

- House Field Representative

“An opportunity to work for a Member of Congress that I respect; utilize my work skills and close to home.”

- House State/District Office Manager

“Working for my Representative is the ultimate reason for my career choice. At this time, I am grateful for his representation.”

- House State/District Receptionist/Staff Assistant

“I enjoy the ability to influence public policy and engaging in the strategies to reach legislative goals.”

- House Counsel (Chief/General/Legislative)

“I can help this nation at the center of policy and power. My congressman has a great vision of what needs to be done and we the staff are aiding this effort.”

- House Chief of Staff

“It is an opportunity to improve my personal professional skills everyday. I regularly have opportunities to challenge myself and participate in work that I feel is meaningful. I leave work with a sense of accomplishment that I didn't have when working the private sector. I enjoy knowing that I am contributing to something that improves or is valuable in others' lives.”

- House Legislative Assistant

“helping people where i came from. ability to use this as a spring board to better opportunities”

- House Legislative Correspondent

“Working for Congress allows me to make a true contribution to the people in my home state and country. I am very fulfilled by the work I do.”

- Senate Special Advisor

“A rewarding experience to help those who are in need.”

- House Deputy Chief of Staff/Administrative Director

"In the past a sense of helping someone - now its more about working for my specific member and helping them achieve their goals."

- House Scheduler

"I have been given an opportunity to work for the most amazing country in the world and to represent the people of the United States of America. I am able to experience, first hand, how our country operates."

- House Receptionist/Staff Assistant

"The opportunity to help people."

- Senate State Director

"That I can be an advocate for the constituents that my Member of Congress represents and a resource to help make their life better. And the privilege to work for a member who leads the staff's work, as a team, sharing the common goal and values of pulic service."

- House District Director

"Working for COngress is something i never imagined i would ever be doing. I get to work for some of the most powerful people in the country and watch them try to make policy that is good for everyone. It is awe inspiring most of the time."

- Senate Office Manager

"A constructive, meaningful, and interesting opportunity."

- House Caseworker/Constituent Services Supervisor/Director

"It means making a difference. By the time constituency interfaces with a District Office they may be angry, curious about a decision congress has made and how it will impact them or want to share an opinion or feeling angst over a federal issue we can help with. If we can sooth, explain positively, listen attentively or resolve a federal casework issue we are doing good deeds. It is never boring. What could be better?"

- House Caseworker/Constituent Services Supervisor/Director

"an opportunity to participate in the political process; assist Constituents in this District."

- House Caseworker/Constituent Services Representative

"I do case work so I'm helping the people directly."

- House Caseworker/Constituent Services Representative

"personal satisfaction"

- House Caseworker/Constituent Services Representative

“Assisting people in defining their problem and then going to the right place to get a solution. Helping people through the federal maze that is often created by big government.”

- Senate Caseworker/Constituent Services Representative

“It gives me an opportunity to help people.”

- House Field Representative

“A commitment to help people live a quality of life.”

- Senate Field Representative

“Being able to serve other is rewarding.”

- House State/District Office Manager

“Working for the people, especially those unheard and underserved.”

- House State/District Receptionist/Staff Assistant

“The ability to use my legal skills and my interest in public policy to achieve policy outcomes that I desire.”

- Senate Counsel (Chief/General/Legislative)

“I feel like what we accomplish in Congress makes a real difference in people's lives. It's motivating to know that real people will be impacted by the decisions we make and what we are able to do.”

- House Chief of Staff

“It means providing excellent constituent services and promoting my boss' priorities for his / her district.”

- House Legislative Assistant

“I like feeling like my work has the potential to make a difference in the lives of people who are struggling or to give them hope that things will get better.”

- House Legislative Correspondent

“being part of our government, which serves the people, is a rewarding calling.”

- House Communications Director

“Being able to take my values and my experience and put them into practice in a way that can affect public policy. That's hard to replicate anywhere else.”

- House Deputy Chief of Staff/Administrative Director

“It gives me an opportunity to assist constituents living in the district. To assist in day to day scheduling for the member and to be part of a bigger legislative office.”

- House Scheduler

“I means I can help people in need.”

- House Receptionist/Staff Assistant

"The opportunity to play a part with my Member in getting government to operate as it should. Government employees should be public servants who treat citizens with respect."

- Senate State Director

"The ability to serve people in need"

- House District Director

"Working in Congress has given me great satisfaction - I enjoy all aspects of the political process and never want to leave - America is my country and I believe I and every person can make a difference for good"

- House Office Manager

"a gratified feeling of helping constituents that need our help with the situations that they are experiencing with the federal government and agencies."

- House Caseworker/Constituent Services Supervisor/Director

"It means participating to a further extent in the political process of the greatest country on earth."

- House Caseworker/Constituent Services Supervisor/Director

"an opportunity to use my skills and knowledge and to gain new knowledge"

- House Caseworker/Constituent Services Representative

"I enjoy the challenge of helping constituents solve their problems. I especially enjoy helping constituents overcome obstacles preventing them from achieving desired/eligible outcomes."

- House Caseworker/Constituent Services Representative

"Primarily, it means helping the constituent who feels he/she cannot find the help anywhere else and turns to their Congressional member as a last resort. By helping that person, I feel I am giving him/her a reason to appreciate their government at work and be glad that they someone truly cares about their well-being."

- House Caseworker/Constituent Services Representative

"I have already spent many years working in the private sector, and being in management. I want now to give back - and as a caseworker I can do just that. It certainly does not hurt that I have a high opinion of our system of government and have great admiration for the Senator that I work for."

- Senate Caseworker/Constituent Services Representative

"It is a chance to learn more about the operation of the federal government"

- House Field Representative

"All of the previous items. Decent pay, great benefits, great working environment, great management, best Senator ever."

- Senate Field Representative

"It means working for someone whose vision and goals are compatible with mine, and for whom public service is a way to help people who may not be able to help themselves."

- House State/District Office Manager

"After being involved with politics at the grassroots level, it is interesting to see the progression of governmental legislation; and then be able to see how completed leg's stated goals line up with its implementation."

- Senate State/District Receptionist/Staff Assistant

"an opportunity to learn about policy and to change policy"

- House Senior Legislative Assistant

"Incredible opportunity to help shape our country and most importantly to serve our constituents, esp in this challenging economic climate."

- House Chief of Staff

"It means that sometimes I have the ability to fix a problem for some people and every once in awhile feel like I'm working towards the greater good."

- House Legislative Assistant

"I like the legislative work, and I like serving my hometown district. I like feeling like I'm somehow involved in important parts of our government"

- House Legislative Correspondent

"being part of something that matters"

- House Communications Director

"Different challenges, helping people, intersting."

- House Deputy Chief of Staff/Administrative Director

"It is a dream come true to serve one's state and country if only for a brief time. To be a part of the history and the fast pace, ever changing exciting things. The life of a congressional staffer is not one that I could do for a long period of time due to health (physical and mental) and personal relationships that are affected."

- House Scheduler

"it is a pleasure to serve our congresswoman and happy to be of some assistance"

- House Receptionist/Staff Assistant

"A sense of helping people by being honest and understanding of people's needs without compromising the values of the Constitution or the freedoms this great country has offered for over 200 years."

- House District Director

"the ability to serve the public effectively as well as influence public policy locally and nationally."

- House District Director

"great opportunity to learn the process of how our government operate."

- Office Manager

"A great deal. I enjoy serving the constituents of our district."

- House Caseworker/Constituent Services Supervisor/Director

"Service"

- House Caseworker/Constituent Services Supervisor/Director

"an opportuniy to work for a wonderful Member of Congress and be part of his efforts to help others and improve things around the country and world"

- House Caseworker/Constituent Services Representative

"I feel very honored to work for Congress. I have never thought too much about being a US Citizen. I took it for granted however when I see people worldwide trying to come here and they have to wait 24 years. I thank God every day for living in the greatest county in the world."

- House Caseworker/Constituent Services Representative

"public service"

- House Caseworker/Constituent Services Representative

"pride and satisfaction in helping constituents"

- Senate Caseworker/Constituent Services Representative

"It is the opportunity to serve my country outside of the military and the opportunity be part of something great."

- House Field Representative

"An opportunity to serve my member and work to help those in who need help obtain the help needed and seek to make the world a better place by working to ensure that the same opportunity is afforded to all people regardless of color or economic status"

- Senate Field Representative

"Working for the people of the United States, a public servant."

- House State/District Office Manager

"being able to see things develop and being in at the ground floor is interesting and eye-opening"

- Senate State/District Receptionist/Staff Assistant

"An opportunity to use my interest in government to serve my State and nation."

- House Senior Legislative Assistant

"involvement in trying to get our country through problems"

- House Chief of Staff

"Long hours, low pay, little gratitude..but a feeling of being part of something meaningful."

- House Legislative Assistant

"I love working up on the Hill because I have always believed that in order to make true change; you need to be where the laws are being made. I feel blessed to have the opportunity to work for a Member of Congress who holds the same values as I do, and want to share that vision with both constituents and the rest of the country."

- House Legislative Correspondent

"It allows me to have a voice in the national debate."

- House Communications Director

"Have the ability to change the world"

- House Deputy Chief of Staff/Administrative Director

"It means I get to see, and share, what federal representation can do with those I come in contact with. Where it can help, where it cannot, and WHY - I like knowing this, and I like sharing this."

- House Scheduler

"It is an opportunity to help the representative effectively do his job in representing the concerns and interest of those who have voted him into office."

- House Receptionist/Staff Assistant

"ability to help people is unsurpassed"

- House District Director

"The ability to serve the constituency, to affect policy, to be a liason and advocate for those who don't have the ability to resolve their problems or understand how the federal government works."

- House District Director

"Having a sense of really putting democracy to work - taking theory and applying it to help our constituents one at a time. Affecting real change in people's lives for the better."

- House Regional Director

"ability to listen directly to constituents and get that information to the congress in a more timely fashion."

- House Caseworker/Constituent Services Supervisor/Director

"service to the people"

- House Caseworker/Constituent Services Supervisor/Director

"As a caseworker, I am dedicated to serving the public and being the best representative I can be for my member of Congress. I truly respect my member of Congress who is a wonderful and caring person and is well liked by a high percentage of his constituency. I know I work longer hours than most of my friends in the private sector, but I feel what I do it worth it for the constituents."

- House Caseworker/Constituent Services Representative

"I get to help people that truly need it."

- House Caseworker/Constituent Services Representative

"Self satisfaction for helping those most in need. Having the opportunity to refer the marginalized to needed services. In addition, having the opportunity to act as liaison to Federal departments to those with concerns and issues."

- House Caseworker/Constituent Services Representative

"Using my past experience to help a Senator whose vision matches mine."

- Senate Caseworker/Constituent Services Representative

"It means a chance for me to help my Country, State and District improve. I am very proud to have my job."

- House Field Representative

"Being able to help people utilize their own government"

- Senate Field Representative

"The position provides me with incredible challenges and networking opportunities. I feel I am contributing to the success of my state and country."

- Senate State/District Office Manager

"Helping others"

- Senate State/District Receptionist/Staff Assistant

"Enjoy having the ability to impact public policy, serve people and my country, and have access to information."

- House Senior Legislative Assistant

"It is not a job or even a career; it's a "life experience." Few individuals have the opportunity to serve a higher cause and work for the greatest body of the greatest county that has ever existed. And we get to help people. Being here is a tremendous privilege."

- House Chief of Staff

"Making a difference and helping making things better for people"

- House Legislative Assistant

"It means a fulfillment of a desire to work in public service, to understand how our country is shaped, and provide the best policies, opportunities, and future for my fellow Americans."

- House Legislative Correspondent

"It is important to communicate the issues that the constituents of our rural district need to better understand, as well as letting our Congressman know how they feel about certain issues. It is also important to let our district know exactly what our Congressman can do and has done for them, as well as his vision for our future."

- House Communications Director

"I do feel honored to be part of the process and in a sense, history"

- House Deputy Chief of Staff/Administrative Director

"Service."

- House Scheduler

"It is personally rewarding and exciting"

- House Receptionist/Staff Assistant

"After a life of enjoying politics from the outside looking in, the opportunity of being a part of a congressional staff to see exactly how it works and to be a part of a solution to an issue has been great."

- House District Director

"The opportunity to accomplish my life's mission and to meet the goal of my alma mater's motto, "Ut Prosim" -- "That I May Serve." The rewards from helping people who can't break through the bureaucracy themselves are great and longlasting."

- House District Director

"Helping make a Big/Small difference in someone's life"

- House Regional Director

"An opportunity to be of service to the public."

- House Caseworker/Constituent Services Supervisor/Director

"Service."

- House Caseworker/Constituent Services Supervisor/Director

"As a constituent services representative, I am able to assist my members' constituents in navigating the labyrinth of federal beauracies as we assist them in obtaining solutions to their concerns."

- House Caseworker/Constituent Services Representative

"I have always loved helping people and I feel that in my particular position I am able to do just that."

- House Caseworker/Constituent Services Representative

“Serving the people of Indiana”

- House Caseworker/Constituent Services Representative

“A chance to change my community for the better.”

- House Field Representative

“It means a commitment to serving the constituents in the district that I provide staff support for and in representing my member in assisting and implementing her vision of commitment to community service.”

- House Field Representative

“Being part of the solution, not the problem.”

- Senate Field Representative

“An opportunity to help constituents cut through bureaucratic red-tape in order to arrive at a favorable resolution. An opportunity to make the community better by assisting in providing resources that lead to educational, training, and job opportunities.”

- House Projects/Grants Director

“It means representing the great state I live in.”

- Senate State/District Receptionist/Staff Assistant

“Highly challenging and varied public service with awful pay.”

- House Senior Legislative Assistant

“It is one of the most important jobs I can have to respond to the challenges we face and play a very small part in advancing my values and beliefs.”

- House Chief of Staff

“Making a difference through legislation”

- House Legislative Assistant

“It means having the ability to make government and the political process work the way they should.”

- House Legislative Correspondent

“It means having a very very small role in the debates over the most important issues facing our country. As a communications director it also means the opportunity to learn a tremendous amount about a tremendous variety of areas of public policy and, once in a great while, the chance to help shape the debate in a small way in one of those areas. Finally, as much as it deserves its atrocious public perception, Congress is still a critical institution in our society and it is somewhat meaningful to be part

of that and to have a role in helping a member fulfill his responsibility of communicating with his constituents.”

- House Communications Director

“I enjoy meeting new people who influence the decisions that govern the country. The challenge of problem solving and keeping three offices running smoothly is very rewarding.”

- House Deputy Chief of Staff/Administrative Director

“The opportunity to fix small errors in judgement of lawmakers and affect small differences in the grand scheme of a highly partisan legislative atmosphere that is not always as focused on moving America in the right direction as it is on keeping the elected officials' jobs.”

- House Scheduler

“It means a sense of pride and prestige to work for a member that influences that daily lives of the American people who value and take pride in their country.”

- House Receptionist/Staff Assistant

“After many years in the private sector, I accepted this position as District Director. In the private sector, I achieved high levels of professional success and I am thrilled to have the opportunity to give back to my community and make real differences in the lives of the constituents of this district.”

- House District Director

“The opportunity to have a lasting impact, serve citizens and work with a broad cross-section of our district”

- House District Director

“Helping to shape the future of the country. It means a great deal to me.”

- House Regional Director

“an opportunity to positively impact on people”

- House Caseworker/Constituent Services Supervisor/Director

“Serving the people. Working everyday to make America a better place to live, work and raise a family.”

- House Caseworker/Constituent Services Supervisor/Director

“assisting constituents on a day to day basis”

- House Caseworker/Constituent Services Representative

“I have enjoyed working for Congress and the impact we have on our constituents' lives through casework.”

- House Caseworker/Constituent Services Representative

“Since my job is mostly focused on constituent service, I am honored to be in the position of helping people.”

- House Caseworker/Constituent Services Representative

"A significant way to change the world around me and make a positive impact."

- House Field Representative

"It means a first hand look at how our Country is managed. It is also a belief that even the smallest district can have formidable representation."

- House Field Representative

"Civic duty."

- Senate Field Representative

"Being able to serve my country and the people of my district."

- House Projects/Grants Director

"Serving the public and being supportive of an effective Senator."

- Senate State/District Receptionist/Staff Assistant

"I believe there is something uniquely satisfying about working for the American people. Even working for a non-profit, the sense of public service is not as strong as working for constituents. I'm proud to work for my home district."

- House Senior Legislative Assistant

"It means being able to serve the people of my home district and to be respected for the work that I do."

- House Chief of Staff

"Personal and professional development. A launching pad for someone without an advanced degree. An opportunity to promote positive change."

- House Legislative Assistant

"Long, unpredictable hours; yet working in a place that hold so much history for the United States."

- House Legislative Correspondent

"It means the chance to be involved in decisions that shape American and the world. Extremely important and historical decisions are made daily, and Congressional staff who stick around long enough might have a shot at being in the room when significant issues are being dealt with."

- House Communications Director

"I get a chance to research policy issues and make them meaningful (casework) to the lives of people in our district."

- House Deputy Chief of Staff/Administrative Director

"To be able to help people and serve the needs of the district my Member represents."

- House Scheduler

"It means working for the People, and assist them with whatever problems they bring to our attention regarding program services under the US Federal. Even going out of our way to hear whatever concerns they have for our US Representative to bring to the attention of our US Congress. It is a very prestigious job and am humbled to be working here. Our office is for the people and by the people so we will serve our office to their best interest."

- House Receptionist/Staff Assistant

"Being a part of turning the country back in the right direction."

- House District Director

"The opportunity to help people with their problems, serve my community, and in some small way, help shape public policy."

- House District Director

"I enjoy the ability to affect change in the way our Country is Governed."

- House Regional Director

"An opportunity to serve the constituents of our district and support my member in her vision for restoring America's liberty, prosperity and sovereignty."

- House Caseworker/Constituent Services Supervisor/Director

"The ability to help people and affect change for the better"

- House Caseworker/Constituent Services Supervisor/Director

"Being a part of the democratic process and fulfilling my sense civic duty."

- House Caseworker/Constituent Services Representative

"I like that I am able to make a difference in the lives of the constituents."

- House Caseworker/Constituent Services Representative

"Solving the policy problems that our nation faces is very meaningful work."

- House Caseworker/Constituent Services Representative

"A very satisfying job."

- House Field Representative

"It means a great deal to me. I am aligned with the Member's vision and enjoy working with our constituents."

- House Field Representative

"getting things done for others"

- Senate Field Representative

"Fighting for the people of the district"

- House Projects/Grants Director

"The opportunity to participate in the political process, including educating the public about what our congressional delegation is accomplishing."

- Senate State/District Receptionist/Staff Assistant

"I have a large role in shaping policy. It's tough work but I think what I'm doing is important and I enjoy it."

- House Senior Legislative Assistant

"It means having good job security within any two-year period of time. That's more than a lot of people have in this economy."

- House Chief of Staff

"Public Service"

- House Legislative Assistant

"serving the constituents of our district and my country"

- House Legislative Correspondent

"Public service is the highest calling"

- House Communications Director

"I greatly enjoy serving my community and trying to make a positive difference in the lives of my fellow citizens."

- House Deputy Chief of Staff/Administrative Director

"To me, it means working to represent my home district and a MOC that I truly respect and believe in his vision. It is also an incredible experience and I'm glad to know that one day I will be able to look back and say, "I did that. I worked on Capitol Hill." No one can ever take that away from me."

- House Scheduler

"New challenges every day and being at the center of a variety of issues."

- House Receptionist/Staff Assistant

"Better access to resources/information/education for constituents."

- House District Director

"to be a part of a small group of people on the front lines fighting for our nation's future"

- House District Director

"I work in the district and can often times help make a real difference in a persons life with case work despite the disfunction of the current congress"

- House Regional Director

"An opportunity to truly make a difference in people's lives."

- House Caseworker/Constituent Services Supervisor/Director

"The opportunity to resolve serious (and perceived serious) constituent problems for my congressman. Being part of the solution...a helpful, caring side of the political process."

- House Caseworker/Constituent Services Supervisor/Director

"Being able to serve the people of my district and communicate the vision of my representative."

- House Caseworker/Constituent Services Representative

"I like working with different people to help them solve the problems of their lives. With this job there comes a real sense of accomplishment."

- House Caseworker/Constituent Services Representative

"The ability to resolve constituent casework with the appropriate agencies and the satisfaction that those results provide."

- House Caseworker/Constituent Services Representative

"helping americans gain access to the government and federal programs."

- Senate Caseworker/Constituent Services Representative

"ability to help people get federal resources and make a difference and being the congressional member's eyes and ears in the community"

- House Field Representative

"It means being able to help others and to help get the right message out"

- House Field Representative

"I am able to make a significant impact on my community through my work. I would not be able to do so without the force of a US Senator behind me. I believe in my boss, and trust he makes the right choices for my state. My work helps him stay in office. I can go home at the end of the week and really feel like I am having a positive impact on people and their lives."

- Senate Field Representative

"It helps me to better understand the political process."

- House Projects/Grants Director

"Daily challenges -"

- Senate State/District Receptionist/Staff Assistant

"It means helping the country and the area I come from."

- House Senior Legislative Assistant

"It's like any job, but the consequences and possibilities of the work are limitless."

- House Chief of Staff

"Putting my education and experience to use to help people."

- House Legislative Assistant

"The opportunity to help people and influence decisions that impact the whole country"

- House Legislative Correspondent

"Working in Congress gives me an opportunity to be a part of something bigger than myself--a part of hopefully helping our nation through one of the most challenging times in our history."

- House Communications Director

"It is very challenging and rewarding"

- House Deputy Chief of Staff/Administrative Director

"Working every day for goals that will have a far reaching impact today and over many years."

- House Scheduler

"To me, working in Congress means actively participating in democracy, gaining valuable first-hand experience by being part of the process. The most significant part of my job is taking phone calls from people who are also actively participating in democracy by calling and voicing their opinions. Working in Congress means I get to be a part of the process that keeps the most incredible government in the world going on into the future."

- House Receptionist/Staff Assistant

"Bringing the highest level of American government to a community that I care deeply about."

- House District Director

"Working in Congress means being able to impact public policy in a positive fashion for the communities I care about"

- House District Director

"Responsibility to put a personal touch on the work Congress is doing and grow the relationship between the public and private sector. Communication is a key factor in any relationship."

- House Regional Director

"Because I feel so passionately about my Member's voice, I feel happy to take care of things in the District so that she can put emphasis on the message constituents want expressed in DC."

- House Caseworker/Constituent Services Supervisor/Director

"Working in Congress is a way to help those who cannot help themselves, to educate those who are misinformed on the political process and to help keep America strong by engaging our youth by setting a good example, giving them a sense of history and encouraging them to be involved in a positive way."

- House Caseworker/Constituent Services Supervisor/Director

"Being able to try to assist those that feel helpless, voice-less."

- House Caseworker/Constituent Services Representative

"I'm helping to fix people's problems. I am doing the people's work."

- House Caseworker/Constituent Services Representative

"The opportunity to help my congressman with the goals he has to improve and sustain our state and country."

- House Caseworker/Constituent Services Representative

"Helping people and being a part of a bigger picture."

- Senate Caseworker/Constituent Services Representative

"After 23-years in the military, working in Congress means continuing my service to others."

- House Field Representative

"It means I get to be the ears and eyes of the Congressman. While he is in DC, I take his place at events, formal and informal. Working in Congress means learning the intricacies of the legislative process"

- House Field Representative

"I get to help people on almost a daily basis. I am valued for being doggedly persistent and a passionate advocate for vulnerable people. and I get to identify issues and solve problems at a community level. And my Senator is fully supportive of solving problems and being of service."

- Senate Field Representative

"It should be the chance to make a real contribution to your country and your community."

- House Projects/Grants Director

"An opportunity to serve my community and help set national policy, in particular to ensure those least well off don't slip through the safety net, and that middle class Americans can achieve the American dream."

- House Legislative Director

"It presents an opportunity to shape the policies of our country in meaningful ways for the betterment of our country and the people who live here. It's a job that I value and take very seriously because I recognize that not many people out there have this opportunity."

- House Senior Legislative Assistant

"Playing a small role in the shaping of history and the future of our nation."

- House Chief of Staff

"Sacrificing many of the perks of the private/not-for-profit world (compensation, travel, work hours) to contribute to something greater than myself."

- House Legislative Assistant

"Working for Congress means opportunity to me. DC and Congress gives me access to opportunities I would never have had access to back home."

- House Legislative Correspondent

"Every day I have an opportunity to make our communities and our country better, and I get to work with smart, interesting people who are passionate about what they do. I love my job in larger part because it is always changing, challenging, and rewarding."

- Senate Communications Director

"Service"

- House Deputy Chief of Staff/Administrative Director

"Working for the people -- communicating directly with the public / constituents / interns. Making sure I'm doing my best to support my office / elected official, so that they, hopefully, can do their jobs, better. I'm proud to be working on the Hill."

- House Scheduler

"Working for COngress means helping constituents with whatever we can."

- House Receptionist/Staff Assistant

"Having never worked with politics, I love being in this arena and learning something new every day about the process. I feel as though my work is worthwhile both to the Member and to the constituents in District."

- House District Director

"Working in congressman allows me to work on issues that directly impact on the constituents and issues within the district in which I live."

- House District Director

"The opportunity to assist constituents across the district in many areas that couldn't be completed efficiently by themselves."

- House Regional Director

"Being able to ensure that constituents get the voice they deserve before their Representative"

- House Caseworker/Constituent Services Supervisor/Director

"Ability to contribute to the civic life of this country and work for someone who has the vision and leadership skills to actually move the country in a direction i agree with. It is one of the few jobs in my region that allow a person with my political interests to earn a decent wage."

- Senate Caseworker/Constituent Services Supervisor/Director

"Being an active member of my community. I don't think I would be nearly as interested or motivated if I were not working for my Congressional representative."

- House Caseworker/Constituent Services Representative

"I provides me with the opportunity to serve the underprivileged and otherwise unheard in my community. I enjoy the opportunity to be a "voice" for someone else when they are frustrated or hurting. Furthermore, it has been one of the highlights of my young career to work for an individual with whom I hold such great respect and admiration."

- House Caseworker/Constituent Services Representative

"The opportunity to serve and assist constituents from my district"

- House Caseworker/Constituent Services Representative

"I enjoy helping constituents"

- Senate Caseworker/Constituent Services Representative

"allows me to help folks in my district"

- House Field Representative

"It means that I am able help constituents with various issues, including case work, as well as working directly within the legislative process."

- House Field Representative

"It is a chance to serve, to bring our politics back from the brink. It provides an opportunity to revive the faith of the American people in their government, and to fight for good government over no government. I could do a lot of things, but I feel the impact here is more substantial."

- Senate Field Representative

"My role in the office allows me to experience and learn a wide variety of subjects. It also allows me the opportunity to let people know that we are here to work for them. Making a difference in the lives of my boss's constituents gives my job meaning and makes up for almost everything you "lose" not working in the private sector."

- House Projects/Grants Director

“Being a public servant and helping to make a difference in the District that I work for. In addition, it has been a dream since I was young to work in Congress and I have always been involved in government/politics, so it was the ultimate goal for me professionally.”

- House Legislative Director

“Meaningful experience influencing policy and a fast-paced, challenging work environment.”

- House Senior Legislative Assistant

“Serving the American people. Trying to make a difference in a very complicated, confusing, combative process.”

- House Chief of Staff

“Serving as an example to others that government can and does do good work by opposing those who seek to demonize and dismantle its institutions.”

- House Legislative Assistant

“Working in Congress is an opportunity for public service that also allows me to impact public policy and build my resume.”

- House Legislative Correspondent

“It's an opportunity to work for a very kind person who cares about our state and country and preserving as much of our freedoms as we can.”

- Senate Communications Director

“Working in Congress gives me an opportunity to address issues that are important to the residents of my district and beyond. My discipline is policy analysis and this is a place where I can put those skills and knowledge to good use.”

- House Deputy Chief of Staff/Administrative Director

“Helping my Senator - whom I deeply admire - get his work done efficiently and to his liking.”

- Senate Scheduler

“Working for those that I represent in the VA-8th district. It also means working for my country, because my Congressman, how I strongly support does great job in representing democrats for our nation.”

- House Receptionist/Staff Assistant

“Having the opportunity to support/help my boss make a positive difference in the lives of the people of our district.”

- House District Director

"A lot - I see it as an important public service."

- Senate District Director

"An opportunity to act as a conduit between the constituents and the members that represent them."

- Senate Regional Director

"By working in Congress, I am serving my country and constituents. I love public service and the impact it has on an individual or group. To give back is the ultimate reward for me."

- House Caseworker/Constituent Services Supervisor/Director

"Being a part of something much much bigger than myself and the Member."

- Senate Caseworker/Constituent Services Supervisor/Director

"Being informed on the political process and to make a difference in the lives of citizens."

- House Caseworker/Constituent Services Representative

"I strongly believe in my Congressman"

- House Caseworker/Constituent Services Representative

"THE POSSIBILITY TO SERVE MY COMMUNITY AND MY COUNTRY"

- House Caseworker/Constituent Services Representative

"I have daily satisfaction of being able to assist and help people in my community because of my member of the Senate."

- Senate Caseworker/Constituent Services Representative

"An opportunity to improve the quality of life for all citizens in the XXth Congressional District."

- House Field Representative

"Making a difference in our communities and for the overall nation while representing your member."

- House Field Representative

"It is a privilege because salary and benefits are excellent, and I believe in the ideology of my employer."

- Senate Field Representative

"opportunity to improve the quality of life for all americans"

- House Projects/Grants Director

"Being able to find solutions - plus pension"

- House Legislative Director

"Putting forth best effort to making the lives of Americans better, more secure, and healthier. Creating greater justice within our society."

- House Senior Legislative Assistant

“Serving your country and hopefully making a difference in a reasonably stable environment”
- House Chief of Staff

“Serving the country in a thoughtful manner”
- House Legislative Assistant

“I appreciate the opportunity to go to work everyday and assist a member that I believe is taking concrete steps to better society within America as well as our standing internationally.”
- Senate Legislative Correspondent

“Helping others, giving back, representing my member to the best of my ability.”
- House Press Secretary

“Career, unexpected, familiar, interesting, challenge, unique, sometimes still honorable, comfortable, family, belonging.”
- Senate Deputy Chief of Staff/Administrative Director

“Sense of pride in doing something different, challenging, and meaningful.”
- Senate Scheduler

“Working in Congress gives me the opportunity to see how the legislative branch operates and function. Working here looks great on my resume and will make me more marketable for future employment elsewhere.”
- House Receptionist/Staff Assistant

“I am able to affect people's lives and assist those that cannot find their way.”
- House District Director

“I enjoy the opportunity to be involved in the federal government and policy making.”
- Senate District Director

“carrying out a ministry and being resourceful to others”
- Senate Regional Director

“Contributing to the common good in the U.S.”
- House Caseworker/Constituent Services Supervisor/Director

“I have the opportunity to work in a position that allows me the opportunity to assist constituents with various problems with agencies that I have access to by virtue of my position in a congressional office.”
- Senate Caseworker/Constituent Services Supervisor/Director

“Being instrumental in supporting good government, good culture, and admirable values for the entire country.”

- House Caseworker/Constituent Services Representative

“I use it as a means of helping people across our district.”

- House Caseworker/Constituent Services Representative

“Through work as liaison in constituent services, I can give back to the veterans and active duty members of the military who have given of themselves, given their time, lives, and the quality of their family life to protect my freedoms.”

- House Caseworker/Constituent Services Representative

“It gives me a better understanding of politics.”

- Senate Caseworker/Constituent Services Representative

“An opportunity to learn more about the congressional district I live in and help those who are in much need.”

- House Field Representative

“Opportunity to be an active participant in democracy”

- House Field Representative

“It means that I can help people and communities in a variety of ways.”

- Senate Field Representative

“Serving the public, shaping public policy, assisting constituents, influencing the decisions that Congress makes”

- House Projects/Grants Director

“Being able to help influence a Member of Congress's policy stances in a positive way makes me feel like i'm actually making a difference in the world.”

- House Legislative Director

“Serving and giving back to the people; actually making a difference in people's lives.”

- House Senior Legislative Assistant

“To be able to support my Congressperson and his district ... it means everything to me.”

- House Chief of Staff

“Serving the institution which represents the will of the American people.”

- House Legislative Assistant

"I love doing good for my state. It is also a good stepping stone to a job in the private sector I might not have been able to reach otherwise."

- Senate Legislative Correspondent

"Helping pass meaningful legislation that will improve lives."

- House Press Secretary

"direct public service."

- Senate Deputy Chief of Staff/Administrative Director

"The opportunity to help constituents and the country and be a critical part of the political process."

- Senate Scheduler

"An opportunity to do public service and to contribute my knowledge and skills to Congress as a whole in making the right legislative decision for the best interest of the American people. I refuse to work here for corporate interests. Lobbying should be banned."

- Senate Receptionist/Staff Assistant

"I am proud to work for the Congressman and it provides me with an opportunity to fully engage with our government."

- House District Director

"A sense of service to the country and helping out those in the district"

- House Office Manager

"helping people and improving their lives."

- Senate Regional Director

"Great accomplishment"

- House Caseworker/Constituent Services Supervisor/Director

"Interesting, fast paced, chance to make a difference in peoples lives."

- Senate Caseworker/Constituent Services Supervisor/Director

"Chance to put what I believe in in to system."

- House Caseworker/Constituent Services Representative

"I want to help people, whether in Congress or out of Congress"

- House Caseworker/Constituent Services Representative

"To me, it means having the opportunity to serve others and help shape our future."

- House Caseworker/Constituent Services Representative

"It means I get to serve my state and country while working for an individual that I admire and respect."

- Senate Caseworker/Constituent Services Representative

"An opportunity to make a positive difference in the future of our nation."

- House Field Representative

"personnal gratification"

- House Field Representative

"It means the opportunity to try to do good or help, or make progress toward something good every day, and to improve the world we live in with respect to issue areas that are important to me."

- Senate Field Representative

"The ability to makes the lives of people better."

- House Projects/Grants Director

"Being able to put my intelligence, skills, dedication and passion at the service of others, to help those in need, those who suffer, those who are trying to make the world a better place."

- House Legislative Director

"The opportunity to learn about the history of the nation, the institution of Congress, personalities in the district and region, the arc of issues and how they evolved over time."

- House Senior Legislative Assistant

"Working in Congress has allowed me to be a creative problem solver for my community."

- House Chief of Staff

"The ability to meaningfully impact people's lives and government policy."

- House Legislative Assistant

"I worked on the member's campaign, and enjoy having the opportunity to help carry out campaign promises."

- Senate Legislative Correspondent

"It's interesting work"

- House Press Secretary

"Meaningful work for a member personally know and respect and the only person I would leave retired life to reenter the workplace."

- Senate Deputy Chief of Staff/Administrative Director

"Being in the "middle of the conversation," plugged in and knowledgeable."

- House Systems Administrator

“Being able to help communicate the goals/vision of the representative/senator to their state and the country, as well as help shape the policies that are affecting everyone in my state and in the country.”

- Senate Receptionist/Staff Assistant

“I believe in my representative and the principles he ran for office to promote. I believe I am helping fulfill an important agenda. I ran my boss's original campaign full time for two years without compensation. I'm a true believer. As long as my boss has a need for me, I'll be here.”

- House District Director

“Being able to help make the country better for people.”

- House Office Manager

“I have enjoyed the challenges and rewards of establishing and managing the constituent service office for a respected member of the Senate. The outreach, direct and personal service to constituents and the opportunity to manage/mentor young staffers has given me a great deal of personal satisfaction with the recognition of the positive impact that was made for constituents and staffers. I am disappointed that my Member is retiring as I feel that he is an asset to the Senate at a time when we need more Members like him and I hope to continue my public service.”

- Senate Regional Director

“Helping constituent of our district navigate the tough bureaucracy and red tape of the U.S. Government.”

- House Caseworker/Constituent Services Supervisor/Director

“It gives me an opportunity to see first-hand some of the real issues that others deal with and it gives me a real sense of satisfaction to know that I am instrumental in resolving some of those issues. I also get an insider's view into the life of a public servant.”

- Senate Caseworker/Constituent Services Supervisor/Director

“enjoyment”

- House Caseworker/Constituent Services Representative

“I will never be afforded this chance again.”

- House Caseworker/Constituent Services Representative

“trying to provide the best staff for a hard working member”

- House Caseworker/Constituent Services Representative

“It means that my part or the way I conduct myself in my position significantly impacts the view of my Congressional Representative to his constituency. If I conduct myself in a bad way, then his position is not favorable and therefore what he wishes to accomplish in Washington may not be perceived well because of my actions toward the citizens of this state. But, if I go out of my way to assist people who come to our office for help, then my attitude toward helping them helps my Representative because he is

seen in a good light by those whom I've assisted. By helping those who need help I indirectly impact the work being done in Congress because I believe I've helped to formulate a favorable opinion of my Representative by conducting myself in a professional, sincere and courteous manner towards those who need help."

- Senate Caseworker/Constituent Services Representative

"An opportunity to serve people and my country."

- House Field Representative

"Provides an opportunity to serve the public while doing interesting and varied work."

- House Field Representative

"It provides an opportunity to advocate for those who don't normally have a voice in the policy making process. Additionally, I like being in a position that allows me to share information with community leaders to help them achieve their goals and build stronger communities."

- Senate Field Representative

"Working for Congress is an important job that carries with it a certain degree of visibility and prestige in the community. It also allows you to directly help people and make a positive impact on the District."

- House Projects/Grants Director

"contributing my skills and talents to assist a Member do his/her best to represent the voters/constituents."

- House Legislative Director

"We are here to help the people in the United States through casework and legislation. We need to elevate everyone to continue our economic growth and to maintain our national security."

- House Senior Legislative Assistant

"Working in the middle of the action in a place where young people can do a lot."

- House Chief of Staff

"The ability to use my talents and training to serve the public and advance the causes in which I believe."

- House Legislative Assistant

"It provides a sense of satisfaction in being able to help others and be a voice for those who need one."

- Senate Legislative Correspondent

"Meaningful job because I'm serving the American people and my state instead of serving stockholders who are looking to capitalize on business operations that I might not agree with."

- House Press Secretary

“Working in Congress means that I am part of the fundamental support structure for the country itself. My work matters because it helps hold the country together.”

- Senate Deputy Chief of Staff/Administrative Director

“For three generations, my family has a strong Capitol Hill legacy. I am honored to follow in those footsteps.”

- House Systems Administrator

“Being able to serve the public and feel like I'm helping them.”

- Senate Receptionist/Staff Assistant

“I love being able to make a difference in people's lives and to improve the quality of life in my city. Right now it's starting to mean stagnant salary and no opportunity of anything better.”

- House District Director

“Good benefits and pay.”

- House Office Manager

“It affords me the opportunity to help change the way our government functions.”

- Senate Regional Director

“Helping constituents with their Federal agency problems. We are the direct link to the Government and first hand knowledge about how our Government works and how it is the best Government in the world.”

- House Caseworker/Constituent Services Supervisor/Director

“It means that my respect and admiration for the government has decreased significantly.”

- Senate Caseworker/Constituent Services Supervisor/Director

“Every day is different. I am never bored. This is my last job before I retire and I feel very lucky to do this kind of work in my last years in the workforce. I have learned a lot and been able to use my skills as a social worker to the benefit of constituents and for the Member of Congress.”

- House Caseworker/Constituent Services Representative

“Inclusion in the government process, hopefully in a meaningful way.”

- House Caseworker/Constituent Services Representative

“Working for Congress means that I have an important responsibility to serve the constituents through their unique conflicts with federal agencies, therein lies motivation and satisfaction in the successful resolution of a constituent's troubles.”

- House Caseworker/Constituent Services Representative

“It's an opportunity to be part of making my government work better for its citizens. Working for my senator and being a public servant has been the most rewarding and meaningful work I have done. Previously I was a business/commercial litigation attorney.”

- Senate Caseworker/Constituent Services Representative

“An overall opportunity to assist the public and support the vision of the member.”

- House Field Representative

“Public servant dedicated to helping my Congressman pass practical legislation that supports improvements and betterment in our state and country.”

- House Field Representative

“my life is my work, and my work is making the world better one action and day at a time”

- Senate Field Representative

“Working to improve conditions in our country.”

- House Projects/Grants Director

“Following my dream; helping people; protecting the American dream; it's my duty to give back.”

- House Legislative Director

“Working in Congress creates opportunities to help Hill Staffers identify and understand interrelated issues (outcomes) resulting from public policies shaped by public opinion that not only alters individual but also business/corporation behaviors as well. More broadly, opportunities to engage key stakeholders and policymakers in the formulation, passage and funding of public policies aimed at ensuring our children well-being.”

- House Senior Legislative Assistant

“I enjoy having the ability to help people improve their lives, either individually through casework or collectively through legislative.”

- Senate Chief of Staff

“The opportunity to influence the policy debate as well as challenge myself with ever-increasing responsibilities and issue range.”

- House Legislative Assistant

“Providing a voice for the little guy, which often gets lost in a world where entertainment media and politics collide. Also, working in Congress allows me to be a counterweight to prevailing assumptions and group think, even if my efforts are futile more often than not.”

- Senate Legislative Correspondent

“Patriotism”

- House Press Secretary

“Working in Congress provides an opportunity to influence some of the most important decisions affecting our country today. It allows me to help the people of my community and my state and build a better future for our country.”

- House Deputy Chief of Staff/Administrative Director

“I feel that my job is the highlight of my career.”

- Senate Systems Administrator

“It means receiving a great opportunity to see how Congress works so that you have a better understanding of the process.”

- Senate Receptionist/Staff Assistant

“I work in my home district and appreciate the opportunity to work on projects or activities that benefit the part of my state that means the most to me. I also enjoy the satisfaction of knowing my work strengthens the position of the member in this district.”

- House District Director

“I love it! I feel fulfilled and very proud to serve the public in this manner.”

- House Office Manager

“It is a rewarding job to know you are making a difference in people's lives.”

- Senate Regional Director

“Helping to advance the vision of an exceptional American leader.”

- House Caseworker/Constituent Services Supervisor/Director

“My career has made a difference to the public good.”

- Senate Caseworker/Constituent Services Supervisor/Director

“For me to work for congress means to work hard and to the best of my ability for the people within the (congressional) district. In addition it means to uphold the highest standards and represent the Congressman well.”

- House Caseworker/Constituent Services Representative

“it allows me the continuation of service to my country after serving 23 1/2 yrs in the Air Force.”

- House Caseworker/Constituent Services Representative

“Working in Congress gives me the ability to help those in our district through casework. I also am allowed an ear to our general public by serving as a field representative.”

- House Caseworker/Constituent Services Representative

“It's an opportunity to help constituents and serve the public.”

- Senate Caseworker/Constituent Services Representative

"Being a part of a government with a constitution I strongly believe in"

- House Field Representative

"Public Service. Helping people. Helping my member be more effective."

- House Field Representative

"Opportunity to do what I believe in, serve my community, and help find solutions."

- Senate Field Representative

"A golden opportunity to assist people in need with federal related issues as well as empowering communities and citizens."

- Senate Projects/Grants Director

"helping people."

- House Legislative Director

"A belief that I'm fulfilling a childhood goal to change the world."

- Senate Senior Legislative Assistant

"professional fulfillment, service to country"

- Senate Chief of Staff

"The possibility of making a difference"

- House Legislative Assistant

"Working in Congress means working on behalf of my family and friends back in the state. It means that I care about the problems facing our country and would rather work too much for too little pay to deal with them than find a private sector job."

- Senate Legislative Correspondent

"Serving at the pleasure of my boss, the elected official, and doing whatever he or his constituents ask of me, as long as it's legal and Constitutional."

- House Press Secretary

"An opportunity to embody the meaning of public service through my work."

- House Executive Assistant

"I like the prestige and always being the middle of the things that are in the news. I also believe that the government is there to help people and hope that is what we're doing."

- Senate Systems Administrator

“What working in Congress means to me is the opportunity to represent something that can create change for the greater good of American citizens and my home state.”

- Senate Receptionist/Staff Assistant

“I’m not standing on the sidelines.”

- House District Director

“It has given me the opportunity to be a small part of U.S. History and the ability to change people's lives for the better.”

- House Office Manager

“It means that I am able to help the citizens of my state and dedicate an ample amount of time to public service. I appreciate the opportunity to work for the citizens of this great state.”

- Senate Regional Director

“I am proud to help constituents and be an employee of the U.S. House of Representatives.”

- House Caseworker/Constituent Services Supervisor/Director

“My country has been good to me and everyone should give back in some form or another, even if it is in a paid position. Working for the particular Congressman that I do, I am extremely proud of what little I can do to help him - to help my country.”

- Senate Caseworker/Constituent Services Supervisor/Director

“For me, it was a retirement job that was to be short-term. I have become so involved in immigration that it has become a consuming interest.”

- House Caseworker/Constituent Services Representative

“It allows me the opportunity to help people.”

- House Caseworker/Constituent Services Representative

“Working in Congress means I have a voice in the governing our our great nation and am part of a community of individuals working to secure our national interest.”

- House Caseworker/Constituent Services Representative

“making a difference to people who don't know or understand the system, helping them through the bureaucracy to serve their needs and the community with what is right under our laws”

- Senate Caseworker/Constituent Services Representative

“Being able to help people on a daily basis. Applying what works and doesn't work with real people to possible policy solutions across the Nation.”

- House Field Representative

“Serving people; supporting the Member's vision, which is shared by constituents; connecting people with their government.”

- House Field Representative

“Service and loyalty to a member that represents the public well is job satisfaction. Difficult if not a shared vision or message.”

- Senate Field Representative

“At least I don't work for FEMA or the IRS. It could be worse.”

- Senate Projects/Grants Director

“I love being part of the public process and feel extremely loyal to my boss and his vision. However, I feel like the public doesn't understand or appreciate what I do, which I find increasingly frustrating.”

- House Legislative Director

“A unique opportunity to make a difference”

- Senate Senior Legislative Assistant

“Serve my Senator, my State, and my Country.”

- Senate Chief of Staff

“chance to make a difference”

- Senate Legislative Assistant

“influencing policy for the good of the country”

- House Professional Staff Member

“Serving the people of my country and state.”

- House Press Secretary

“Helping those who don't even know help is available. Letting people know there is someone who cares and WILL listen.”

- House Executive Assistant

“Working in Congress means having an impact, whether direct or indirect, on the lives of all Americans. By supporting the policy staff and the Senator, and occasionally working directly on policy myself, I am able to contribute to better policy making and a more efficient institution.”

- Senate Systems Administrator

“Working for Congress means that I get the chance to view our political system from the inside out. I get to help influence change and aid the general public in gaining access to important governmental services and their elected official.”

- Senate Receptionist/Staff Assistant

"Interesting work that uses my skills in public service with good people."

- House District Director

"It is where the action is. It is very satisfying to assist the constituents of the District and assist with congressional things."

- House Office Manager

"Opportunity to impact public policy and make sure it is applied on a local and state level. To fight for those that have little traditional power or influence."

- Senate Regional Director

"I enjoy being part of what goes on in the nation."

- House Caseworker/Constituent Services Supervisor/Director

"Provide assistance to the people of the State."

- Senate Caseworker/Constituent Services Supervisor/Director

"Great benefits, way to network and learn more about the federal government in order to find a more specialized career path."

- House Caseworker/Constituent Services Representative

"It allows me the opportunity to help the public with the specific area I am assigned to deal with."

- House Caseworker/Constituent Services Representative

"Working in Congress means I have an opportunity to help others understand the political process and I can pass on their concerns."

- House Caseworker/Constituent Services Representative

"Opportunity to help people in a tangible way while having a window into the broader public policy issues of the day. Opportunity to bring the individual perspectives and experiences of constituents forward and influence legislation and spending priorities."

- Senate Caseworker/Constituent Services Representative

"Being part of what goes on in a day to day process of nearly everything that affects all of us."

- House Field Representative

"that I can connect different peoples in the community and help be part of the solution."

- House Field Representative

"the opportunity to do good things"

- Senate Field Representative

"I am pushing 60, but I still have an idealized view: working in the Congress affords me an opportunity to leave the world a better place than I found it; it gives me an opportunity to give back to the nation and

the public; it allows me to be a small part in the effort to bend the curve of history toward a more just and sustainable world. I have also found opportunities to mentor junior staff and to learn, learn, learn at every step. The work is rewarding and I am still awed by the place itself. In the last few years, unfortunately, working in the Congress has also meant dealing with endless, needless conflict; a public rage inflamed by extremists; and frustration at nearly every turn. Unfortunately, working in Congress also means working impossibly long hours (and I work fewer hours than many) with inadequate resources and an endless parade of junior staffers that have not been given the time, training or skills to effectively do their jobs. The "sink or swim" approach to staff development doesn't serve the Members or the nation."

- Senate Projects/Grants Director

"It has given me the opportunity to move up much more quickly than I would have in the private sector. The responsibilities and experience have been great and the only reason I have stayed as long as I have."

- House Legislative Director

"A chance to give back to my state and help people in poverty."

- House Legislative Assistant

"I feel privileged to be able to serve my country by participating in the legislative process."

- Senate Legislative Assistant

"Passion to help in public service"

- House Professional Staff Member

"The opportunity to be a part of the solution to helping making life easier for millions of Americans. Learning how the political process actually works, and then how constituents can effect change."

- House Press Secretary

"I am a part of the Wounded Warriors program. In my job I help veterans/military and my congressman is very dedicated to the same cause. I do get a lot of personal satisfaction out of helping my fellow veterans and wounded!"

- House Executive Assistant

"An opportunity to work with similar-minded colleagues for a member who shares the same vision to improve our country and the lives of ordinary Americans."

- Senate Correspondence Manager/Mailroom Supervisor

"Working in Congress gives me the opportunity to help my home state, Michigan. It means that in some small way, I'm helping Michigander's voices be heard."

- Senate Receptionist/Staff Assistant

"It means that I am part of a very small group of people who have the privilege of working in a congressional office. I believe I make a difference in the lives of others. My member has incredible strengths and truly believes the work he does adds value to the lives of his constituents. I proudly share his vision."

- House District Director

"It means that by serving a good Member of Congress I can be part of making a difference and making better lives for people"

- House Office Manager

"Public service and loyalty to my Senator are very important to me. I believe in Senator Grassley and have a strong connection to his principles. I am close to retirement age but hope to continue working for him as long as possible. Frustration with the public is a concern."

- Senate Regional Director

"I enjoy making a meaningful difference in a person's life. I know of no other employment where this can be accomplished to the degree that is possible when working for a federal elected official."

- House Caseworker/Constituent Services Supervisor/Director

"Providing real assistance to real people"

- Senate Caseworker/Constituent Services Supervisor/Director

"Having my finger on the pulse of what is happening in my country. Being able to have a positive impact on the lives of people of the US."

- House Caseworker/Constituent Services Representative

"It is amazing to be able to (in a small way) help to shape policy, public opinion and generally have an effect on our country's government. After working in the private sector for years, this feels more meaningful. I get to speak to constituents every day and I hear the issues that affect the "average" person's life. It is interesting to me."

- House Caseworker/Constituent Services Representative

"Working in Congress means that I have a duty to serve the people of my district and advocate for them whenever the need should arise."

- House Caseworker/Constituent Services Representative

"Opportunity to serve my fellow mankind. Veterans being my number one priority."

- Senate Caseworker/Constituent Services Representative

"good use of my experience in politics; enjoyable work; flexible hours"

- House Field Representative

"The ability to help with the direction my country is going/needs to go"

- House Field Representative

"The opportunity to share the vision of my Senator with others. The opportunity to find solutions to the numerous needs of rural communities, county governments, public schools, etc."

- Senate Field Representative

"opportunity to help people and to feel that I'm helping to make a positive impact on people's lives. A good feeling of being at the heart of where positive change can happen."

- Senate Projects/Grants Director

"It is a dream realized. I enjoy working on behalf of people who cannot represent themselves. I just wish they would appreciate it more."

- House Legislative Director

"A chance to make a difference and serve as a behind the scenes public servant."

- House Legislative Assistant

"I love my job. I love being able to impact the direction of the policies I'm directly involved with."

- Senate Legislative Assistant

"It's a unique business and the experience is specific. The opportunities it provides are endless."

- Senate Research Assistant

"A chance to serve my country and family/friends"

- Senate Press Secretary

"I feel a sense of being part of working for the betterment of our constituents. A chance to be in a position that can help."

- House Executive Assistant

"It means being a public servant, being held to a higher standard and working hard. It's an honor and a privilege that shouldn't be taken lightly."

- Senate Correspondence Manager/Mailroom Supervisor

"Working in Congress means working for a man and a cause that I believe in."

- Senate Receptionist/Staff Assistant

"It means that I have an opportunity to affect public policy with and on behalf of my Representative and the district she serves."

- House District Director

"It's very important to me because it affects life and change. I enjoy being a part of that."

- House Office Manager

"fast paced, ever changing, respectable, security in health care and retirement."

- Senate Regional Director

"I get a feeling of accomplishment in helping constituents"

- House Caseworker/Constituent Services Supervisor/Director

"The opportunity to assist constituents in my area of expertise."

- Senate Caseworker/Constituent Services Supervisor/Director

"Having the ability to have a front row seat in an area that has an effect its constitutents."

- House Caseworker/Constituent Services Representative

"It is an honor to serve the Congressman and the constituents of the district. When positive results are achieved it represents a win win for all. Even though the outcome hoped for wasn't reached, the constituent knows we did all that we could within the rules and regs of the agencies involved."

- House Caseworker/Constituent Services Representative

"Working with the constituents learning their needs, likes and dislikes. Helping them to know what Congress does and what services we can help them with,"

- House Caseworker/Constituent Services Representative

"Serving the American Public is an amazing honor. Working in Congress has allowed me to personally assist thousands of constituents. The simple act of helping to rescue a dolphin to the more complex of helping immigrants become US Citizens. This service is nescary and very meaningful."

- Senate Caseworker/Constituent Services Representative

"Helping constituents get the treatment and respect they deserve no matter what the issue."

- House Field Representative

"the ability to represent my member in our district is VERY important to me...and the ability to help folks in need makes things even more meaningful."

- House Field Representative

"a good job supporting a man that I believe in"

- Field Representative

"Very rewarding to personal education and public service interactions goals I initiated 40 years ago!"

- Senate Projects/Grants Director

"opportunity of a lifetime"

- House Legislative Director

"A chance to make a real contribution and shape the national dialogue on the issues of the day. A chance to help people."

- House Legislative Assistant

"It means a great opportunity which is very unique as well as an opportunity to serve my nation"

- Senate Legislative Assistant

"The ability to change or develop existing policies and introduce new ideas for public benefit. To work in a fast-paced environment that is challenging and rewarding."

- Senate Research Assistant

"An opportunity to serve other citizens and learn more about how the federal govt operates"

- Senate Press Secretary

"I love serving the people of the state I work for. And I love working with people that are shaping history."

- House Executive Assistant

"It's an opportunity to serve my country and to advocate for the principles of my party."

- Senate Correspondence Manager/Mailroom Supervisor

"I enjoy the position of district director because it offers me a wide variety of challenges and a sense of accomplishments when those challenges are met. I love working with the folks on our district staff because we have fun doing what we do. As a greybeard, I get a kick out of mentoring and open new avenues to our staff as they ponder approached in areas related to Social Security, Veterans Benefit, passports, visa and all of the bureaucratic red tape that we are confronted with in a congressional office. From the answers to my questions, you may have determined that main concern deals with my member's vision and goals. Because he is elected from a safe district the vision thing may not be that important to him. However, from a constituent service perspective, as well as scheduling, etc.) the statement of a strong vision can be very helpful."

- House State Director

"It was a great opportunity to learn more about the federal government and to help people navigate the federal agencies when they need help."

- House District Director

"Opportunity to serve"

- House Office Manager

"In a state office, I believe you have the opportunity to do the micro and macro. One day I will help an individual constituent-the next day I will help leg staff with a policy change to affect individuals nationally."

- Regional Director

"I got an opportunity to help people who are most in need, and to try to make a positive impact on their lives, especially veterans, who have given us so much."

- House Caseworker/Constituent Services Supervisor/Director

"Working in Congress fulfills my calling to public service and allows me to put all of my skills and abilities to use in a dynamic work environment."

- Senate Caseworker/Constituent Services Supervisor/Director

"Helping constituents."

- House Caseworker/Constituent Services Representative

"It means being part of our Nation's History working with the Constitution as it was set up. I believe in working with the Constituents in the district to help them and help their voices be heard."

- House Caseworker/Constituent Services Representative

"An opportunity to help constituents go through red tape."

- Senate Caseworker/Constituent Services Representative

"That every day I get to help an honorable man and friend who I believe in work towards making people's days end a little bit better than how they started."

- Senate Caseworker/Constituent Services Representative

"I enjoy the Challenging and Satisfication I get from helping people!"

- House Field Representative

"The ability to serve the people that the Member represent and areas that are familiar to me."

- House Field Representative

"A wonderful opportunity to serve my district. It is not about the salary, hours, promotion or prestige. It is about serving constituents."

- Field Representative

"beleiving in and having faith that the elected official that i work for will make a difference in federal government."

- House Projects/Grants Director

"Service and the opportunity to constantly learn and do new things. Moreover, the opportunity to provide advice and counsel to a member of Congress."

- House Legislative Director

"Being a sponge and learning everything possible that will help me in serving my Congressional District along with future professional positions."

- House Legislative Assistant

"It means being committed to helping your memembr achieve his or her legislative goals, and to help constituents."

- Senate Legislative Assistant

"Being able to impact the debate and serve as a voice for those who might not otherwise be heard."

- Senate Research Assistant

"It means having access to power and being able to be part of something bigger than just yourself. I'm proud when I can make things go well for my senator and when everything comes together without him realizing how chaotic the process is."

- Senate Press Secretary

"It is rewarding to work hard and to achieve high standards to help constituents. I feel I am achieving to help someone if only in a small way. Even though we work long hours and for less money in the private sector, as long as I feel some accomplishment in assisting a constituent it makes it worth while."

- House Executive Assistant

"Service to my country as a civilian"

- Senate Correspondence Manager/Mailroom Supervisor

"it gives me a chance to help the place I love."

- House State Director

"it's very interesting. it give me the chance to work with all kind of people with diverse knowledge."

- House District Director

"Serving our constituents, and understanding how hard your Congressional Member works to get what their community need and deserves."

- House Office Manager

"A lot of hard work but love working with dedicated people who share my goals for our country."

- House State/District Scheduler

"I have an opportunity to do interesting significant work to help people in their daily lives."

- House Caseworker/Constituent Services Supervisor/Director

"Working in Congress provides me with the opportunity to serve my country and my state without having to run for public office and be the "public face" of the office."

- Senate Caseworker/Constituent Services Supervisor/Director

"Helping people"

- House Caseworker/Constituent Services Representative

"It means having the prestige and power to actually help people experiencing problems with the federal bureaucracy and the satisfaction of helping veterans and immigrants."

- House Caseworker/Constituent Services Representative

"being a civil servant, helping this country and my state."

- Senate Caseworker/Constituent Services Representative

"the ability to help individuals with issues created by big government"

- Senate Caseworker/Constituent Services Representative

"I enjoy working to create change from within the system. Though the public sentiment about working in Congress is low at this time, I think it gives my life purpose and relevance."

- House Field Representative

"The opportunity to help others through federal bureacracies"

- House Field Representative

"Helping the eople in our district."

- House Field Representative

"A great opportunity help people in the community to work with congress, improve life."

- House State/District Receptionist/Staff Assistant

"Working for Congress is a way for me to serve my country. Congress needs smart and principled individuals who are willing to sacrifice some part of their lives, whether that be a personal life, a large salary, family considerations, or something else entirely, to make our country work better, and I'm proud to be a part of that."

- House Legislative Director

"Being near the center of extremely significant developments in public policy and practice. The possibility of a wide variety of interesting and challenging experiences in any given day."

- House Legislative Assistant

"It means that I am making a difference for my family and my future children."

- Senate Legislative Assistant

"Helping influence policy - fighting for issues of importance to me."

- House Special Advisor

"The ability to help my boss achieve his goals and represent his constituents."

- Senate Press Secretary

"Helping people and making a difference"

- Senate Executive Assistant

"It means serving my country and helping other Americans, whether it's helping by answer phones, responding to letters, or assisting other aspects of the office. Congress is the conscience of America and is the one place where your voice can be heard."

- Senate Correspondence Manager/Mailroom Supervisor

"The ability to serve the greater good of my choosing."

- House State Director

"Lower pay, longer hours than in comparable private sector job. Meaningful work, prestige, compatibility in values with staff and boss, good people attracted to the job"

- House District Director

"That I can help someone in need and share the vision of the people of the XXth District."

- House Office Manager

"Being part of a team that advances our shared vision of what the United States can be at its best."

- House State/District Scheduler

"I love my job!! I enjoy my office, office staff, and the vision of my representative. This is the best job that I have ever had."

- House Caseworker/Constituent Services Supervisor/Director

"Working with someone who has a similiar vision on ways to improve our country and state."

- Senate Caseworker/Constituent Services Supervisor/Director

"Helping people and sharing information"

- House Caseworker/Constituent Services Representative

"It means I made it farther than I ever dreamed in planning my career path. It means affording constituents a real person to talk to when they encounter problems with a federal agency. It means solving the problems constituents face when working with a fed agency. It means supporting a member I believe in in a way that volunteering or even a vote does not."

- House Caseworker/Constituent Services Representative

"Being part of decision making that brings about change for all people."

- Senate Caseworker/Constituent Services Representative

"The opportunity to do my best to help the people of my state and country"

- Senate Caseworker/Constituent Services Representative

"I feel a great deal of responsibility to represent my boss properly and assist him and bringing information and assistance to people in our district in any way I can through my casework and through my outreach as a liaison."

- House Field Representative

"The pride of serving my fellow man."

- House Field Representative

"It serves as a capstone to the hard work and time put into gaining an education and the steps climbed to obtain successes and accomplishment."

- House Field Representative

"chance to connect people to the political process to be engaged with the decisions that shape thier world and lives and to make an impact for good in the world around them. TO help people find the answers and help they need when faced with an obstacle or setback."

- House State/District Receptionist/Staff Assistant

"Working in Congress gives me the opportunity to work on solutions to the challenges that face our nation, and to fight to ensure those solutions are grounded within the values which I espouse."

- House Legislative Director

"Fighting against the Majority"

- House Legislative Assistant

"It means working toward improving the country."

- Senate Legislative Assistant

"It is a good experience"

- House Special Advisor

"It is a rare opportunity to use my skills for a meaningful purpose."

- House Deputy Communications Director/Press Secretary

"Public service."

- Senate Executive Assistant

"A foundation of experience, and an opportunity to serve the public. Also, an opportunity to better understand and possibly combat Congress' bad reputation."

- House Receptionist/Staff Assistant

"A sense of belonging to and participating in keeping our government strong as we serve the needs of our constituents. And to keep America as the leader of the free world."

- Senate State Director

"Making a difference and serving others."

- House District Director

"The opportunity to serve the constituency is the best reward for me. I believe that the US Congress has the responsibility to ensure that the country maintains a balanced approach to serve the country as a whole. I firmly believe that the country is best served when Congress serves the people by addressing the problems that directly impact the lives of the majority of people who require the most service and programs that help balance the scales."

- House Office Manager

"Culmination of a life dream to work in service of my country. It is disillusioning however at this time, as so many of my countrymen are angry with Congress and I can do nothing to change their opinions."

- House State/District Scheduler

"I really enjoy getting to meet and serve people. That is my main drive for continuing to do this job."

- House Caseworker/Constituent Services Supervisor/Director

"It gives me the opportunity to work in Government, which is the career path I always had in mind."

- House Caseworker/Constituent Services Supervisor/Director

"Helping people get the services they deserve."

- House Caseworker/Constituent Services Representative

"It means making a difference in the actual lives of the constituents we help, the interns we train, and work I do in the world. It also means helping support the work and vision of my boss, which is vital."

- House Caseworker/Constituent Services Representative

"Being the liaison between the people of the United States and their law making body and administrative agencies."

- Senate Caseworker/Constituent Services Representative

"The opportunity to help people in my home state."

- Senate Caseworker/Constituent Services Representative

"I love helping constituents in my district!"

- House Field Representative

"This is the opportunity of a lifetime for me. I love this job. My colleagues are intelligent, hard working, classy individuals. It is an environment that allows me the opportunity to associate with wonderful,

gracious, elegant people. I am extremely proud of my Representative; and fellow Senators in our Delegation."

- House Field Representative

"The opportunity to make a difference in people's lives"

- House Field Representative

"For the past 12 years it has been a gratifying time for this 79 year old citizen who has educated All four children with this added income. THANKS MUCH USA."

- House State/District Receptionist/Staff Assistant

"Working in Congress has allowed me to help my boss' constituents have their voices heard in DC and to help people break through roadblocks with various agencies, governments or businesses. I am part of what is hopefully viewed as responsive and 'good government' by the people I have been able to help."

- House Legislative Director

"Getting to influence public policy is a very exciting and humbling experience. It's great to get to work on issues that you're passionate about and have regular contact with constituents to alert you to new problems or ideas for legislation."

- House Legislative Assistant

"It's an opportunity to help shape policy in a meaningful way."

- Senate Legislative Assistant

"The opportunity to influence public opinion!"

- House Special Advisor

"the chance to assist our Congressman to be the best possible representative to the people of our congressional district and to help make his difference at the national level."

- House Deputy Communications Director/Press Secretary

"Working in Congress signifies working on behalf of the constituents whom my Senator represents. It means working to improve their lives, to promulgate justice, security, and peace for both the state and the country. It also means working on behalf of the otherwise powerless and voiceless in the country--the marginalized, the weak, the poor--and remembering them in legislation and in our daily work."

- Senate Executive Assistant

"A great opportunity to serve constituents while expand my resume for further my career. A career in public service is very rewarding."

- House Receptionist/Staff Assistant

"Advancing the member's policy positions and political career"

- Senate State Director

“making a difference for the future and a close working relationship with the congressman and the District”

- House District Director

“This opportunity has been life changing. I am very satisfied with my role, how it serves this county. I have a genuine respect for my co-workers and their positive outlook in our ability to make a change.”

- House Office Manager

“I enjoy being “in the know” on national issues. I feel more connected to my district and the state.”

- House State/District Scheduler

“I work for a man who believes in the Constitution of the United States. He also has high moral standards, uses a lot of commonsense in his voting and with the members of his staff.”

- House Caseworker/Constituent Services Supervisor/Director

“to make a difference for the good of others reflecting a servant's attitude with confidence and boldness”

- House Caseworker/Constituent Services Supervisor/Director

“Helping people in this district from casework to funding community projects to connecting them to resources in my role as a public servant.”

- House Caseworker/Constituent Services Representative

“It means the world. As a caseworker, I find my job very rewarding when I can assist a constituent usually in a time of high stress with a federal agency. It’s another way that Representatives can directly reach out and help out on the ground level and it makes a difference.”

- House Caseworker/Constituent Services Representative

“Commitment to advancing a political philosophy while assisting the citizens of my state in understanding and working with the federal government.”

- Senate Caseworker/Constituent Services Representative

“Working in Congress is a terrific opportunity to gain a better understanding of our system of government. Working in a state/district office specifically allows me to do work where I can actually see results. I am able to act as an ombudsman for individuals who may not be able to help themselves, and I am deeply gratified to have this chance.”

- Senate Caseworker/Constituent Services Representative

“I strongly support my Member's efforts to uphold our country's Constitutional values and our national defense. My efforts help to keep a genuine statesman in office to serve and defend our nation.”

- House Field Representative

“To assist the Congressman in communicating his vision to the people of the District, to make sure they, in turn, are able to communicate their issues to the Congressman's office and to overall help constituents who have issues with federal entities.”

- House Field Representative

“Working for my Congressman is a joy. I wouldn't work for just anyone in Congress.”

- House Field Representative

“Great experience and opportunity for me to have worked here.”

- House State/District Receptionist/Staff Assistant

“Ability to influence public policy”

- Senate Legislative Director

“having the ability to make a positive difference in the world.”

- House Legislative Assistant

“Its what I always wanted to do.”

- Senate Legislative Assistant

“A commitment to helping our fellow citizens, the country and the planet.”

- Senate Special Advisor

“It means being having the opportunity to be part of the policy-making process, as well as effectively communicating and informing constituents about what leaders are doing -- or trying to do -- in Washington to improve their lives and our nation.”

- Senate Deputy Communications Director/Press Secretary

“It means to serve the country in the legislative branch of government. I'm not in it for money or power but to serve.”

- House Scheduler

“achievement”

- House Receptionist/Staff Assistant

“Helping folks in need, making a difference and meeting interesting people”

- Senate State Director

“Opportunity to network in my community”

- House District Director

"To me, working in Congress allows me to insure the internal operations are running properly so we help the constituents but also allows me the opportunity to teach young people valuable life skills as they navigate health care, taxes, student loans, retirement saving, and add to their professional skills like handling office situations - phones, regular machines - copiers, faxes, PC's, etc.. giving them life long skills"

- House Office Manager

"It is a privilege to have the opportunity to be a public servant, provide assistance to a member of Congress, and hopefully, make a positive difference in the district and in the country (as small as it may be)."

- House State/District Scheduler

"In my particular case I am working for a Congressional Representative that I believe in and admire - who is moving through her term with a purity of purpose and is also someone I can call friend."

- House Caseworker/Constituent Services Supervisor/Director

"What working in Congress means to me is that I get to help our Veterans with their issues and I am very thankful for that."

- House Caseworker/Constituent Services Supervisor/Director

"Helping people. Helping people through casework and educating them about civic engagement."

- House Caseworker/Constituent Services Representative

"It means to not only work for the government but also for the people."

- House Caseworker/Constituent Services Representative

"Dedicating time and energy to helping resolve problems - both individual and systemic. This is a genuine office goal."

- Senate Caseworker/Constituent Services Representative

"Working in Congress means having the opportunity to listen to and respond to the needs of our constituents, being able to relay true life experiences to policy makers and affect future legislation and ultimately solve challenges and improve lives. Most people I know who work in Congress enter this field because of a passion for impacting social, economic and international policy and make our world a better place--government has the ability to do this. I find my work meaningful, gratifying and impactful. I feel we truly make a difference."

- Senate Caseworker/Constituent Services Representative

"In the district it means that I can have direct contact with the people we are serving and direct contact to agencies that are here to assist"

- House Field Representative

"Unique opportunities"

- House Field Representative

“As a former state representative and mayor of my community, it is a chance to integrate policies and practices up the line.”

- Senate Field Representative

“I am very fortunate to have been chosen out of many people from our district to work for U.S. Congress. It makes me strive harder to work and help out constituents on a daily basis. I have learned so many things since I started working. Most interesting is relating and communicating with my co-worker who are thousands of miles away in D.C. Technology plays a big role on a daily basis working for our district office. Even with a distance, our office has manage to communicate effectively and accomplish our daily goals serving our constituents.”

- House State/District Receptionist/Staff Assistant

“being able to help others; ensuring public laws are passed that help, not burden, our citizens”

- Senate Legislative Director