



Engaging with Government Officials

Meeting with legislators can be an important way to bring attention to how policies or proposed legislation can affect first-generation students. Many campuses sponsor outings to the state capital to meet with legislators or “Hill Days” events to meet with members of the U.S. House of Representatives or Senators. Including first-generation students in such events can be a powerful way for legislative officials to hear first-hand how certain policies affect these students.

Resources for Identifying Specific Representatives

Most elected officials prioritize the needs of their constituents - people living in their voting districts. They or their staff may prioritize meetings with people in their districts to ensure they are aware of their constituents’ views on particular issues. Representatives’ interest in higher education-related topics may vary depending on their committee assignments, background, or other interests.

To find your representatives in the U.S. Congress, use the following links:

- [Search](#) for the Member of the House of Representatives who represents by your zip code
- [Search](#) for your Senators by state:

To identify your representatives in your state legislature, most state websites have sections entitled “Find Your Legislator” or “Who Represents Me?” where representatives can be identified by listing your address or zip code.

Individual representatives’ websites generally contain information about the bills they authored or sponsored, committee assignments, and details about their district. Contact information for their capitol and district offices is usually listed along with email contact forms.