

Tips for Congressional Meetings

Prior to the Meeting

- [Review the member profile for the legislator whose office you are meeting with.](#)
- Make your points salient by explaining how programs established in the Higher Education Act (HEA) that UC supports can help keep higher education affordable and accessible.
- If possible, discuss the issue from a personal perspective—share your own experience or that of a family member or friend who has experience with federal financial aid, student consumer protections or other issues addressed in the HEA.

During the Meeting

- Be concise and make your point clearly.
- Engage the member of Congress/staff by sharing your experiences.
- Leave time for questions from the office.
- If you are meeting with staff, remember they are responsible for briefing the member of Congress and recommend actions.
- Work to establish long-term relationships with staff. Try to arrange for follow-ups.
- Remember to thank the member and staff for their time before you leave.

After the Meeting

- Media—social, print and digital—are excellent ways of engaging further with an office. All congressional offices track where and when the legislator appears in media, and reports on this daily, so a well-placed op-ed or social media post that identifies the member and/or staff can lead to change. Multiple mentions from different constituencies are very likely to get noticed.
- [Reach out to your campus, lab or health center federal relations representative for more information and assistance.](#)

Social Media Engagement

Tips for Social Media

- Make your social media posts short, positive and to the point
- Include relevant hashtags and accounts in posts for more visibility
- When possible, use the #UCinDC hashtag so the university can engage with your posts
- Consider posting to social media in the following situations:
 - Before or after you attend a congressional meeting, tagging the relevant office(s)
 - After you hear a congressional office express support for your issue(s)
 - If you take a photo with a member or staff
 - To reflect and discuss personal highlights about the meetings

Sample Posts

- Thank you @SampleRep for fighting for student aid programs that will help keep #HigherEd accessible & affordable! #UCinDC
- Great meeting with @SampleSenator about #HEA reauthorization & keeping #HigherEd accessible & affordable for generations to come! #UCinDC
- Thanks for your time @SampleRep, hope you'll consider our stories when voting to reauthorize #HEA. #UCinDC