



The logo for American Legion Auxiliary Girls Nation. It features the words "AMERICAN LEGION" in blue, with "AUXILIARY" in red and "GIRLS NATION" in blue below it. There are three horizontal red lines above the word "AMERICAN".

Advice from Past ALA Girls Nation Senators:

Take it all in, and enjoy it! Get the socials and number of the people you meet. ALAGN is a once-in-a-lifetime opportunity.

TALK. TO. EVERYONE. RUN. FOR. SOMETHING.

Definitely try hard in the elections but keep an open mind and make your number one priority connecting with people.

It's a once-in-a-lifetime opportunity, so take everything in as much as possible and not get too distracted with outside life. On top of that, balance personal rest on top of work.

Embrace the good with the bad, and get to know everyone you can.

Engage in all the opportunities given, and run for what you are interested in.

Have fun, don't take it too seriously, try even though you might fail, make sure to say "Thank you."

It was AMAZING!!! The people I met were incredible humans, and the experiences you have with them are unforgettable. Cherish the friendships and family made at ALA Girls Nation.

The importance of participation and discussion. Oftentimes, programs like ALAGN are truly about how much effort and willingness to cooperate you put in. It is important to know that failures in elections are inevitable, but the pursuit of positions (campaign chair, committee chair, president, etc.) can make the experience more enjoyable. Discussions with other girls, preferably ones who may have differing political or religious values, can also be very important, especially if you live in a state that is hyper-conservative or hyper-liberal.

Meet as many people as you can. I met a lot of really amazing girls from all over the country.

Be yourself. Don't stress about who you are going to meet, and don't put too much pressure on yourself. The point isn't to win anything; the point is to learn, have fun, and make meaningful connections with people. Put yourself out there, enjoy your time, and remember to have fun. Also, the food is actually amazing, so don't stress about that.

Have fun, and be yourself. At the end of the day, there are 100 other amazing girls you will potentially never see again. Also, plan your day at Capitol Hill and spend it efficiently because time flies.

Twilight Tattoo and the girls you meet. The prior was just fun and exhilarating; the latter is just about connections. I still talk to the girls now!

Cherish it. Not everyone gets to do the things that you will experience. You worked hard to get here, so make the most of your time!

Learn all you can from the experience and the other girls.

It was really valuable, but you need to ask yourself why you're going. If you're going just for the trip, then step down and give that position to someone who is genuinely interested and passionate about government. It was a once-in-a-lifetime opportunity and I came back feeling like I understood what it meant to be an American, and with more knowledge about opportunities I could take in the future to pursue my goals and dreams.

It's very chaotic and busy, but in the most enriching way. And that throughout the experience, it's super-important to be involved.

BE YOURSELF. Be yourself! I cannot say this enough! Do not come in with a fake "people pleasing" attitude or come to brag about your accomplishments. Come in and speak from your heart. Come in and share your story with everyone else. Be an open book and allow these incredible women from all around the country read through your life and to help you in your future. Remember: You are worthy. You made it here. Make it worth it. Bring something special to hand out. Make friendship bracelets! Make necklaces! Bring scrunchies that match your state flag color! Bring anything you can to share and trade with your fellow women. You will not regret it.

Don't be intimidated and don't be worried — be inspired by those around you: the girls, the adults, and the counselors. You deserve to be here, to take photos at every opportunity, to live in the moment, to make memories, and to learn as much as you can. The week will go by quickly, but the friends you make will last with you into your senior year and hopefully for a lifetime.

Truly soak it all up because it is a really amazing and unique experience, and you can learn so much. In addition, I think you are able to make amazing friendships and connections.

It was filled with wonderful girls; it was nothing like anything I'd experienced so far, and I don't think I'll ever experience anything like it again. I left having felt so many emotions, but my heart was so filled with love and gratitude. It's OK if you and your co-senator don't get along; just try and get through it. Most of all, soak it up, and take pictures. This is once in a lifetime!

Don't think it is like ALA Girls State — take it as a new experience, and take it all in.

It was transformative and such a good opportunity to broaden yourself.

Take advantage of everything you can. Talk to girls in the hall and in line at breakfast. Just try to make it a fun time. Don't get too wrapped up in political views or even campaigning.