



Better Know Your Representatives

Know who represents you and who is running to represent you. You can find your federal and state representatives by entering your zip code *here* at the bottom.

Knowing the candidates' background will help you ask the right questions and evaluate them as your potential representative.

To see how candidates are doing in the polls you can look at realclearpolitics.com, fivethirtyeight.com, or cookpolitical.com

- You can find out who is donating money to federal candidates on Opensecrets.org. That can be very enlightening. Most states have a similar website.
- Much of this information is pulled together on Ballotpedia.org and Votesmart.org.

Knowing the background of elected officials will lead to a more productive meeting and hopefully lead to their help on counseling-related issues.

- Review their website or campaign website which usually has a bio page
- Voting records for Members of Congress can be found on Congress.gov, as well as what committees they sit on and what issues they focus on. You can usually find the same information for state representatives on their state legislature website.
- Some in Washington still hold the opinion that we are entitled to our own opinions but not our own facts. Groups like Factcheck.org and Politifact.com keep track of candidates' statements and provide some context for them.