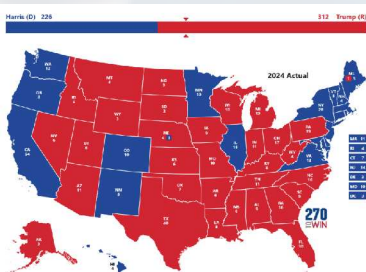


CIVICS IN REAL LIFE

Midterm Election Day 2026

Civics is all around us. There is a lot to know about the government and how "We the People" interact with the government and each other. Let's help each other expand our civic literacy.



On November 3, 2026 the United States holds a **midterm election**. Every two years, all 435 seats in the **U.S. House of Representatives** and one-third of the 100 seats in the **U.S. Senate** are up for election. Because this election happens in the middle of a presidential term, it is called a midterm election. While midterm elections often receive less attention from voters than presidential contests, they can influence national politics. The outcome of the midterm election is often considered a reflection of how well voters think the president is doing their job. **Historically**, the results of the midterm election often sees the political party of the sitting president losing seats in Congress. With President Trump's **low approval rating**, and the country struggling with **high inflation**, the Republican Party may struggle to hold their majorities in both the **U.S. House** and **U.S. Senate**. If the Democratic Party takes control of one or both houses, it will make it tougher for President Trump to advance his domestic and foreign policy agenda.

To Think and To Do: While you watch the election results, keep an eye out for updates from these key states below. For each state, read the background information and answer the questions.

Questions to Consider

- What are the 2026 election results for each state?
- If the race has not been called, what information do you know?
- Is the result different from the latest polling data?
- Was the voter turnout higher or lower than expected?
- Are there any notable voting or ballot issues?
- Are there any trends across the states?
- Does anything stand out to you?



Texas



Quick Facts: 17.6 million registered voters

Recent Elections: **2024** - Trump (R) won TX; **2020** - Trump (R) won TX

Congressional Races to Watch:

***U.S. Senate** - Ken Paxton (R) vs. James Talarico (D) **Incumbent defeated in primary*

***U.S. House** - TX-15: Monica De La Cruz (R-incumbent) vs. Bobby Pulido (D); TX-35: Carlos De La Cruz (R) vs. Johnny Garcia (D) **Open seat*

Gubernatorial Race to Watch:

Greg Abbott (R-incumbent) vs. Gina Hinojosa (D)

FLORIDA



Quick Facts: 14.9 million registered voters

Recent Elections: **2024** - Trump (R) won FL; **2020** - Trump (R) won FL

Congressional Races to Watch:

***U.S. House** - FL-14: Mike Beltran (R) vs. Kathy Castor (D-incumbent); FL-22: Casey Askar (R) vs. Pia Dandiya (D) **Open seat*

Gubernatorial Race to Watch:

Byron Donalds (R) vs. David Jolly (D) **Incumbent (R) is not eligible to run*

MAINE



Quick Facts: 965.1 thousand registered voters

Recent Elections: **2024** - Harris (D) & Trump (R) split ME 3-1; **2020** - Biden (D) & Trump (R) split ME 3-1

Congressional Races to Watch:

***U.S. Senate** - Susan Collins (R-incumbent) vs. Troy Jackson (D)

***U.S. House** - ME-2: Paul LePage (R) vs. Matthew Dunlap (D) **Incumbent not running for re-election*

Gubernatorial Race to Watch:

Bobby Charles (R) vs. Hannah Pingree (D) vs. Rick Bennett (I) **Incumbent (D) is not eligible to run*

OHIO



Quick Facts: 7.6 million registered voters

Recent Elections: **2024** - Trump (R) won OH; **2020** - Trump (R) won OH

Congressional Races to Watch:

***U.S. Senate** - Jon Husted (R) vs. Sherrod Brown (D) **Special election for two years left of JD Vance's term*

***U.S. House** - OH-7: Max Miller (R-incumbent) vs. Brian Poindexter (D); OH-9: Derek Merrin (R) vs. Marcy Kaptur (D-incumbent)

Gubernatorial Race to Watch:

Vivek Ramaswamy (R) vs. Amy Acton (D) **Incumbent (R) is not eligible to run*

Tracking Election Results?
Visit:

- [Ballotpedia](#)
- [Campaign 2026 Series, C-SPAN](#)



**Lou Frey
Institute**

