

INTERNSHIP SPOTLIGHT

Preston Vissotski

Graduation Semester & Year: Spring 2028

Semester & Year of Internship: Summer 2025

Major: Management

Minor: Political Science

Hobbies: Golf, Scuba Diving, Reading

Campus Activities: Student Government (SGA)

Future Plans/Career Goals: Work for U.S. State Department

Hometown:

Wexford, PA



- **Internship (company/your title):**

Men's Health Network via The Washington Center/Outreach Intern

- **How did you find your internship?**

The Washington Center

- **What were your duties?**

As an Outreach Intern with Men's Health Network (MHN), I worked on a range of communication and organizational tasks designed to support the nonprofit's awareness and engagement efforts. My duties included crafting professional email templates for outreach to pharmaceutical companies, podcast guests, ambassadors, and donors; curating and submitting men's health articles for the MHN website; updating ambassador materials on Canva; verifying partner contact information; and helping update the branding on the MHN website. I also supported podcast scheduling through a detailed tracking spreadsheet and assisted with administrative tasks such as answering phones, greeting guests, scanning documents, and preparing event materials.

- **How many hours per week were you at your internship site?**

I was at my internship site for approximately 30–35 hours per week.

- **What did you enjoy most about your internship?**

I enjoyed the variety of work I was able to take on. I liked being trusted with real projects that had a tangible impact on MHN's operations and outreach efforts. Creating tools like the podcast tracking spreadsheet and professional email templates showed me how my work could improve efficiency for the entire team. I also appreciated working in a mission-driven environment that aimed to make a positive difference in public health.

- **What was the most difficult aspect of the internship?**

The most difficult part was reaching out to pharmaceutical companies and receiving no responses, even after sending follow-up emails. While it was frustrating, it taught me a valuable lesson about the challenges of cold outreach, the importance of warm introductions, and how persistence and refining your approach are essential parts of professional communication.

- **How did your experience at UPG and within your major prepare you for your internship?**

My management major with a specialization in Supply Chain and Project Management gave me a strong foundation in organization, task coordination, and strategic thinking. These skills were critical when managing outreach systems, building structured spreadsheets, and updating internal processes. Courses that emphasized time management, project planning, and communication helped me juggle multiple responsibilities efficiently and professionally.

(cont.)

- **How has your internship prepared you for a career?**

This internship helped me apply my project management and organizational skills in a real-world setting. I learned how to create clear communication systems, manage stakeholder outreach, and support multiple ongoing projects simultaneously. It also strengthened my ability to adapt to new tools and platforms, work within a professional office environment, and collaborate with supervisors and team members—all essential skills for a future career in management or operations.

- **What recommendations do you have for other students about doing an internship?**

Choose an internship that gives you the opportunity to take on real responsibilities, not just shadow others. Be proactive—ask questions, take initiative, and find ways to improve processes where you can. Also, keep a record of your accomplishments throughout the internship. You'll gain a clearer picture of how much you've grown and have concrete examples to reference in future applications or interviews.

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