

# INTERNSHIP SPOTLIGHT

## Isaac Stephens

**Graduation Semester & Year:** Spring 2026  
**Semester & Year of Internship:** Summer 2023

**Major:** Political Science

**Minor:** Spanish

**Hobbies:** Playing piano, singing

**Campus Activities:** Student Government Association (SGA), Chorale, Coffeehouse Employee

**Future Plans/Career Goals:** I hope to work in International Relations or Healthcare one day.

**Hometown:** North Huntingdon,  
PA



- **Internship (company/your title):**  
Programs Intern/National Hispanic Health Foundation via The Washington Center (Washington, D.C.)
- **How did you find your internship?**  
I found NHHF through a great internship program called The Washington Center. They helped me find a company that was a good fit for me, and gave me housing in Washington D.C. for the summer.
- **What were your duties?**  
I assisted staff on planning events and programs that helped to lower health disparities for Hispanics and other underprivileged groups. NHHF has fellowship programs for Hispanic doctors, educational webinars, and more.
- **How many hours per week were you at your internship site?**  
It was a full-time internship so I worked 35-40 hours a week.
- **What did you enjoy most about your internship?**  
My favorite aspect of my internship was the networking with professionals. I attended congressional briefings, where I was able to connect with a range of professionals from fields I'm interested in like healthcare and law.
- **What was the most difficult aspect of the internship?**  
The most difficult aspect of the internship was learning to juggle many different assigned tasks at once. I was often asked to do a lot of different things with different deadlines, so I learned a lot about time management through this internship.
- **How did your experience at UPG and in the Political Science Department prepare you for your internship?**  
The faculty at Pitt Greensburg prepared me very well for my internship. They educated me on why internships are such valuable experiences, and assisted me in finding the perfect fit for my career goals.
- **How has your internship prepared you for a career?**  
My internship has given me a lot of insight on my own career plans. I've made valuable professional connections that will definitely help me in the future. I've also learned a lot about the healthcare field and might pursue a career in it.
- **What recommendations do you have for other students about doing an internship?**  
Apply to The Washington Center!! If you're thinking about pursuing any kind of government work, I definitely recommend it. They have so many highly valuable internships to choose from.

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