



Name: Julia Mattox

Host Organization: RITE Technology

Internship Role: Marketing

School/Major: USF - Integrated Public Relations & Advertising

Tell us about yourself (Background, interests, career goals): Hey! My name is Julia Mattox, and I am a public relations & advertising student at The University of South Florida. I am interested in working in sports and fitness! Outside of schoolwork, I am currently the Facilities Program Assistant and a Group Fitness Instructor at USF Campus Recreation.

What made you interested in the InternConnect Program?

I was interested in the InternConnect Program because it gave me the opportunity to gain real-world experience while also having enhanced opportunities to build meaningful professional connections.

What are your main responsibilities?

My main responsibilities include supporting marketing and communications projects, collaborating with team members on campaigns, assisting with content creation, and helping with day-to-day initiatives that advance the organization's goals. I've also had the opportunity to observe how different departments work together and gain hands-on experience in a professional environment.

What's one skill you're hoping to develop or strengthen this summer?

One skill I'm hoping to strengthen is strategic communication. I want to become more confident in creating meaningful messages that connect with different audiences.

What's the best piece of advice you've ever received?

To become comfortable, you have to be uncomfortable.

What advice would you give to someone applying for this internship?

Be yourself and don't be afraid to share your genuine interests and experiences. You don't have to know everything; show that you're eager to learn, willing to ask questions, and excited to contribute. Your experience is what you make of it.

Where do you see yourself in five years?

Learning and growing while taking on leadership roles.