Jera Strony

Syracuse, NY | jeramarie2005@gmail.com | (570)-293-2141

EXPERIENCE

UPMC | *Public Relations Intern* | Harrisburg, PA May 2026 - August 2026

- Published over 6 articles a week for the internal newsletter which is circulated to all UPMC employees
- Developed a communications plan with 7 different internal messages, including from the hospital president, to announce hospital milestone
- Wrote and distributed over 5 press releases and media advisories, facilitating communications with media outlets
- Conducted an interview and directed the development of a media kit on PMOS which was used by 3 different news outlets.

Catalytic Agency | *Public Relations Intern* | Boston, MA/Remote June 2025 - April 2026

- Conduct media research, including drafting and sending over 15 pitches for various clients
- Experience in healthcare/biotech public relations, including strategic storytelling
- Earned 2 media opportunities for a non-profit client
- Wrote and published an article for a non-profit client in a magazine

Hill Communications | *Account Supervisor* | Syracuse, NY January 2024 - Present

- Lead a team of 6 students to carry out communications support for our non-profit client
- Develop delegation and leadership skills to utilize a variety of team strengths
- Design social media graphics, internal brand guidelines, and conduct a website accessibility audit

Planned Parenthood Generation Action | *Vice President* | Syracuse, NY June 2025 - Present

- Lead the planning and execution of over 10 campus-wide events that promote reproductive education and rights
- Collaborate with other organizations and the local Planned Parenthood to promote access to care for Syracuse Students.
- Develop educational materials for bi-weekly meetings with over 60 members

Syracuse University Senate | *Student Senator* | Syracuse, NY October 2024 - Present

- Participate in monthly meetings of over 100 faculty and student senators to discuss university-wide concerns
- Develop an understanding of Syracuse's structure and identify important issues
- Vote on legislation as a representative of the student population

Syracuse University First Year Seminar | *Peer Leader* | Syracuse, NY August 2025 - December 2025

- Lead weekly classes to foster belonging, community, and success among 20 first-year students
- Serve as a mentor and resource, guiding students on academic, social, and personal challenges
- Collaborate with the lead instructor to curate meaningful activities and lessons

SKILLS

Proficiency in Google Suite and Microsoft Suite
Proficiency in Adobe Suite
Pitch writing and development
Advanced interviewing abilities
Social media strategy and content creation
Advanced media relation skills

EDUCATION

Syracuse University Syracuse, NY
Bachelor of Arts May 2028

- Public Relations, S.I. Newhouse School of Public Communications
- Political Science, Maxwell School of Citizenship and Public Affairs
- Minor: Philosophy
- GPA: 3.96 | Dean's List (all semesters)