VCE Internship Experience

Cadence Campbell





- Worked on Master Files for 4HCamp
 Practiced my Google Sheets skills
- Attended meeting with Soil and Water
- Field trip to James River State Park
 - Learned how to adapt to last minute changes and be flexible
- Attended Teen Leader Training at 4-H Center in Appomattox
- Prepared lesson plan for Into the Deep Classes
 - Will be taught at 4-H Camp
- Prepared my Engineering Challenge
 - Will be afternoon activities for 4-H Camp



- Complete Required checks on Teen/Adults attending and helping with 4-H camp
- Analyzed whether all required training has been completed by adults/teens for 4-H camp
 Utilized my skills in Google Sheets
- Finalized master list for 4-H Camp
- Went to a Field Visit
 - Invasive crop on farm causing death in cattle
 - Sent plant to Virginia Tech for identification



- Helped with 4-H Summer Camp Monday-Thursday
- Taught a STEM Class to 4th- 6th grade students
 - Tuesday-Thursday
 - "Into the Deep" focused on the importance of waterbased robots and the positive impacts and qualities that these machines can have on the world
 - Built a submarine and tested its buoyancy in water
- Taught an Engineering Class to 4th 6th grade students
 - Tuesday-Thursday
 - "Egg Challenge"
 - Youth had to design a protective case around an egg, while working with a partner, to prevent cracking of the egg when it is dropped 10 feet
 - Allowed youth to utilize their critical thinking, brainstorming, problem solving, and teamwork skills





Engineering Challenge

Picture to the left is after they designed their protective layer and were prepared to drop it

Partners working together making their protective case for the egg.





More Pictures





- Prepared lessons for Day Camp at the office
 - Focuses on the influence of pollinators helping our seeds grow into plants
 - Taught about animals' use of echolocation
 - Provided information to youth about various bears, their habitat, diet, and other interesting facts
 - Educated youth on beehives then we proceeded to make a "Bee Hotel" for carpenter bees out of bamboo

The picture to the right is of me helping two kids build a bear out of cupcakes they had previously made.



More Pictures of Week 4

• These pictures are of me teaching the youth about making seeds, how a seed grows into a flower, and common fruits and vegetables that have seeds.





More Pictures of Week 4 - (Bee Hotel)



More Pictures of Week 4 - (Echolocation & Pollination)



- Helped grade cattle
 - Evaluated cattle by their muscles, health, and weight to be sold to the market
- Taught lessons at day camp to youth about their body, health, and healthy eating
- Prepared and gave lesson about "My Plate"
 - Educated children on the importance of eating a balanced meal



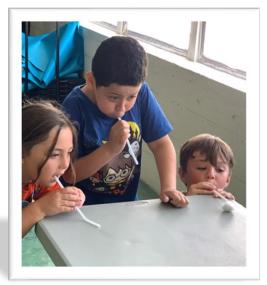




Pictures From Week



More Pictures from Week 5- Day Camp









"4-H Foodies Camp"

- Assisted in teaching kids the importance of cooking a healthy meal
- Youth competed against each other, with judges present, to see who prepared the best meal
- Analyzed how well they focused on food safety, cleanliness, teamwork, and their presentation
- Taught youth how to make pickles, can them, and prepared them to enter in contest



"Wildlife Detective Camp"

- Assisted Cumberland, Nottoway, and Buckingham in teaching youth about Primitive Technology
- Helped youth enter and exit their canoe
- Made Bee Houses with youth for them to take home

Picture to the right: Youth were learning how to start a fire and smart choices when it comes to dealing with fires





- Utilized my organizational skills
 - Cleaned office
 - Sorted and reorganized 4-H room



- Attended a meeting for preparation of "Reality Store"
 - Highschool students will gain a real-life scenario, as an adult, to portray financial decisions
 - Students will have to make decisions regarding vehicles, insurance, and credit with a goal of still having money to physically take care of themselves

VCE Internship Experience

Throughout my time as an intern for VCE, I have learned and utilized several different skills. Most importantly, I was able to make a difference in little minds. For most of my internship, I taught children about several concepts, including healthy diets, pollinators, plants, large animals, and STEM related concepts. I found myself at times learning new concepts as I taught/ prepared to teach the youth. I was also given the opportunity to learn more about cattle. I had field visits where I analyzed different crops and plants that were affecting cattle. I learned how to grade cattle based on their muscle, size, and weight. Throughout this time, I was able to utilize and gain new skills. My communication, teamwork, and oral skills have been constantly utilized as I approached each day. As far as hard skills, I was also able to utilize my Microsoft and Google Suite skills. At the beginning of this internship, I was a little nervous about teaching and helping the youth, but I began to have a love for it. Overall, my experience as an intern with VCE was great, and I would recommend it to anyone. I am incredibly thankful to be given this opportunity with VCE.