

# VCE Internship Experience

Cadence Campbell





# Week 1

- 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



## Week 2

- 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





## Week 3

- Helped with 4-H Summer Camp Monday-Thursday
- Taught a STEM Class to 4<sup>th</sup>- 6<sup>th</sup> grade students
  - Tuesday-Thursday
  - “Into the Deep” focused on the importance of water-based 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 4<sup>th</sup> – 6<sup>th</sup> 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



## Week 4

- 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 )





## Week 5

- 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 5- Day Camp





# More Pictures from Week 5- Day Camp





## Week 6

### “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



## Week 7

### “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







## Week 8

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



## Week 9

- 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.