



VCE Summer Internship- Henrico County

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Introduction

The Summer of 2022 I interned with the Henrico County's 4-H Youth development program located in the VCE Office. During this time I was able to learn more about extension and 4-H Youth Development. I learned that 4-H actually began in 1902 and its original purpose was to instruct rural youth with improved agriculture practices as well as homemaking practices. I worked under the 4-H Extension Agents. Mrs. Kendra Young is the Senior Extension Agent, 4-H Youth Development and Mrs. Carter Humphries is also an Extension Agent, 4-H Youth Development in the county. I spent a total of 400 hours with this department.

Henrico County's 4-H is focused on bringing research based information to the youth in the community. The mission statement of 4-H is to develop leadership, citizenship, and life skills. I was also informed that in the past year Henrico County 4-H had over 2,000 youth participate.

I was also able to attend events and programs with the Family & Consumer Sciences department led by the Extension Agent Kimberly Edmonds.

4-H Programs

I spent a large quantity of my time with the 4-H Extension Agents. Here I was able to participate in the planning and carrying out of many events. We began working on about five tasks at once. They also had several more lined up for me to attend and assist with.

- Seven Pines Dairy Lesson
- Food Challenge (4-H & Family and Consumer Sciences)
- Chicken Dissection (Summer PolyTech Program)
- Henrico 4-H Overnight Camp(Jamestown Location Taught Cheer Class)
- Making Tracks Day Camp (My Day Camp Week) Cloverbud Day Camp (5-8 Year Old's Introduced to 4-H)



Left image is Mrs. Carter and students during Health Rocks Day Camp .

Seven Pines Dairy Lesson

This was the first program I attended during my internship. Mrs. Carter and I went to Seven Pines Elementary. Mrs. Carter led a Dairy Lesson with the fifth graders. She read the book while I helped pass out pre-labeled bags to the students. We made ice-cream in a bag. This was a new experiment for me, and I liked the overall process. I led the rock salt station. We did this experiment with four classes.

Family and Consumers Science

I also spent some time working under the Family & Consumers Science agent Kimberly Edmonds. These programs were often for adults and/or teens. These programs also talked about more pressing or intension matters such as poverty, healthcare, housing and etc. While working with Family and Consumer Sciences I was able to get a more well rounded view of extension.

- Food Challenge
- Reality Store



This image shows the Henrico teens participating the reality store simulation.

Chicken Dissection

I went to Hermitage High School with Mrs. Carter. We led the Summer Poly-Tech program in their Poultry lesson. Once we begun, I felt right at home and threw myself into the project. I explained the anatomy and surgical tools to them. I felt I was flourishing here since the students also enjoyed my fun facts. This class was built for those interested in animal science. This made me see that they still include the agricultural aspect even with the lack of many animal species being in their county.

- Facts Given
 - lack a bladder
 - Cloaca (lay eggs / defecate)

Henrico County 4-H Jamestown Camp

I attended Henrico County's 4-H overnight camp in July. I was tasked with planning a class and executing the class. I decided to teach a cheer class. Before we made it to camp I had made folders for the youth in my class. The folders had cheer motions, jump examples, and tumbling levels. I also decided to make 4-H cheer bows for each person. Many stated it was the highlight of their day. I even had a male teen participate and he was fully involved. While at camp for a week I did run into an issue with a camper. I spoke to my superiors about it and personally talked to her and it was all straight after she even stated I made the largest impact on her .

Right image is my students and I working on one leg thigh stands during cheer class at camp.



Left image is my students and I practicing prep stunts during cheer class at camp. Center image is one of the bows I made for my cheerleaders.



Making Tracks Day Camp (Led By Myself)

This was my solo event. I was to arrange the camp, plan the activities, topics to be learned, the snacks served, and make print outs for their folders. I did my four days of camp as different species. Overall, I enjoyed the task of creating my own day camp on my favorite topic. I feel I handled it well and taught in a way it was receptive for the kids. When we attended the farm the kids were able to recognize what I had taught. there were some behavior issues during my camp, but I was able handle those too.

- Monday-reptile (care/ reproduction)
- Tuesday- companion (care, microchipping, made treats)
- Wednesday-Livestock(freeze branding, tagging, hoof trimming)
- Thursday – field trip- (Hidden Triple Oak Farm)



Left is one of the students with my Breaded Dragon on reptile day .Right is my dog Blue with washcloth puppies the students made.



Bottom is the students on our field trip to Hidden Triple Oak Farm. They were speaking to a handler about different equine markings.

Food Challenge

The Food Challenge was an event that Family and Consumers Sciences hosted in partnership with 4-H. We all went to one of the nearby middle schools. Then we split the classes into teams. The teams had to have eggs as the main focus and a smoothie and a side. But what went into it or what they created was up to them. We then tested each one and declared the winners.



Left image is the boys team and their completed breakfast and the right is the girls team and their breakfast. In the right image there are also Mrs. Carter and Ms. Kim who were judges

Consumer Poverty Event

This project was a life simulation. Some people were adults, teens, and kids. The adults as well as kids had responsibilities. Such as work and school but there was also having to go to daycare, buy groceries, and pay the mortgage. This was eye-opening for most of the people playing because they witnessed how hard it was to be struggling with little money and having life happen and it throws everything else off. Then the Social Services team started to think of ways to make things easier for their clients. This also taught them to be more patient with others and properly explain what each item is.

- Eye opening
- Real world situations
- Taught patience

Agriculture & Natural Resources

This department was Mr. Ed's. The focus of Agriculture & Natural Resources is to help the community, agricultural producers, and other green industry professionals. This includes places affected like homes, lawns, landscapes, and livelihoods. This department also does a lot with pest management from the citizens in the neighborhood to those running major landscaping businesses.

Conclusion

I was able to get real-world experience in the field and career I aspire to work in. I worked under amazing people in a phenomenal county. This county didn't have large animal access as much as I want for the county I choose to work for but I was able to see how it is done. I learned many skills such as problem-solving, patience, and how to have humor even when everything doesn't go to plan. This experience gave me the gift of testing my abilities. I was able to see what I could do on my own and be able to take everything I have learned outside of school as well as in school to make the best experiences for the youth, especially after the trying times Covid-19 created for this generation. I could not have asked for a better outcome or experience. I had glowing reviews from parents and the children themselves. This experience has pushed my life in a completely different direction than I expected when I first started at Virginia Tech.



This image is of my going away party at the office. On the left is Mrs. Kendra and on the right is Mrs. Carter