

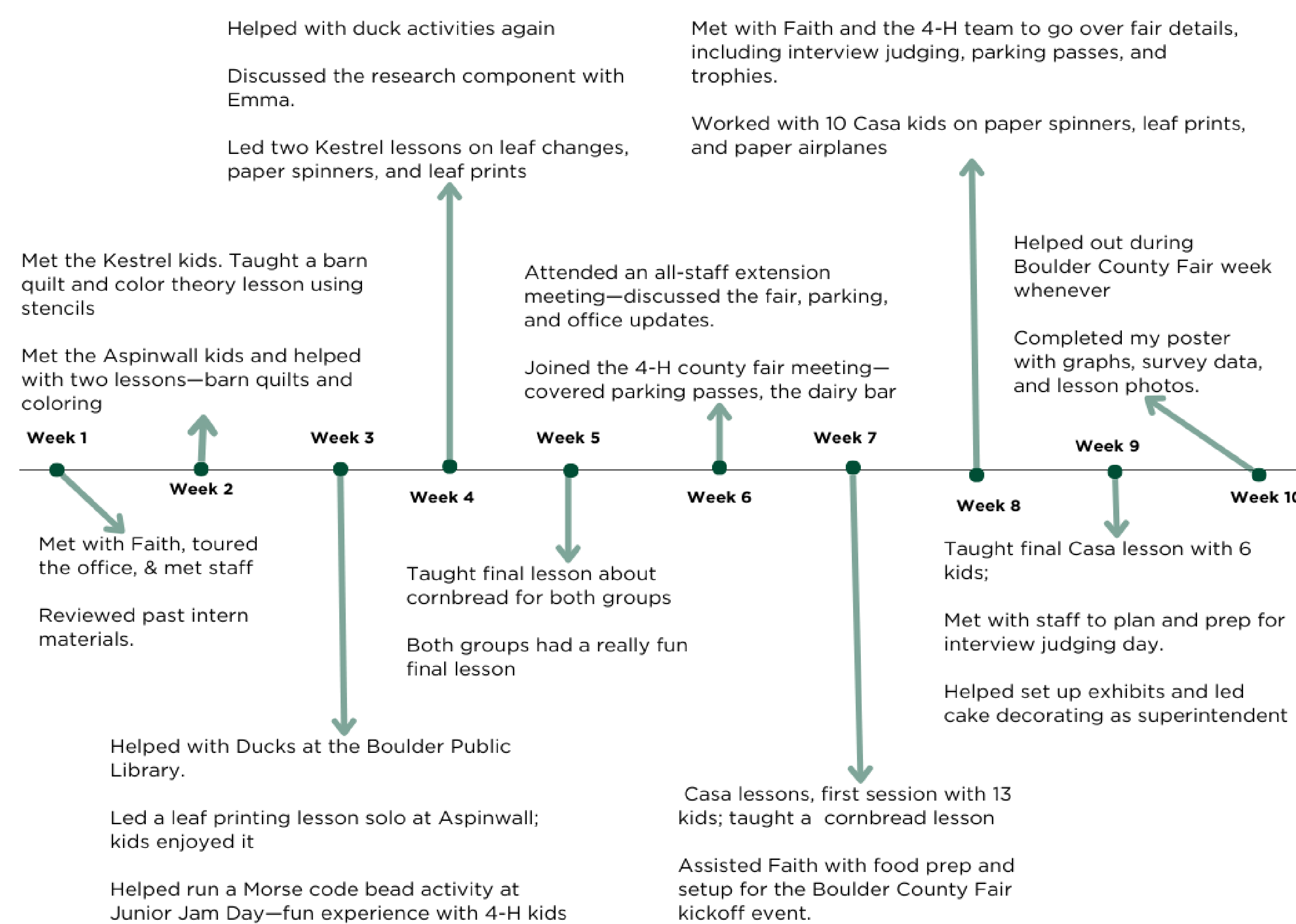
About The Internship

I assisted in designing and delivering 4-H youth educational programs specifically tailored in Boulder County. As part of this work, I created a curriculum that integrated environmental education with hands-on activities for youth ages 5 to 13. Through culturally relevant activities and youth-centered learning experiences, I promoted environmental awareness in a way that was accessible, inclusive, and meaningful to the communities.

My Role

My role during this internship was to create an educational kit that could be checked out from the 4-H office to support and enhance children's learning experiences about 4-H. The kit included hands-on activities such as barn quilt coloring, leaf printing paired with paper airplane making, cornbread making, and an eco-poster activity that came with an interactive garden-themed game. Each activity was designed to be both educational and engaging, introducing youth to 4-H values through these lessons.

Figure 1. Timeline

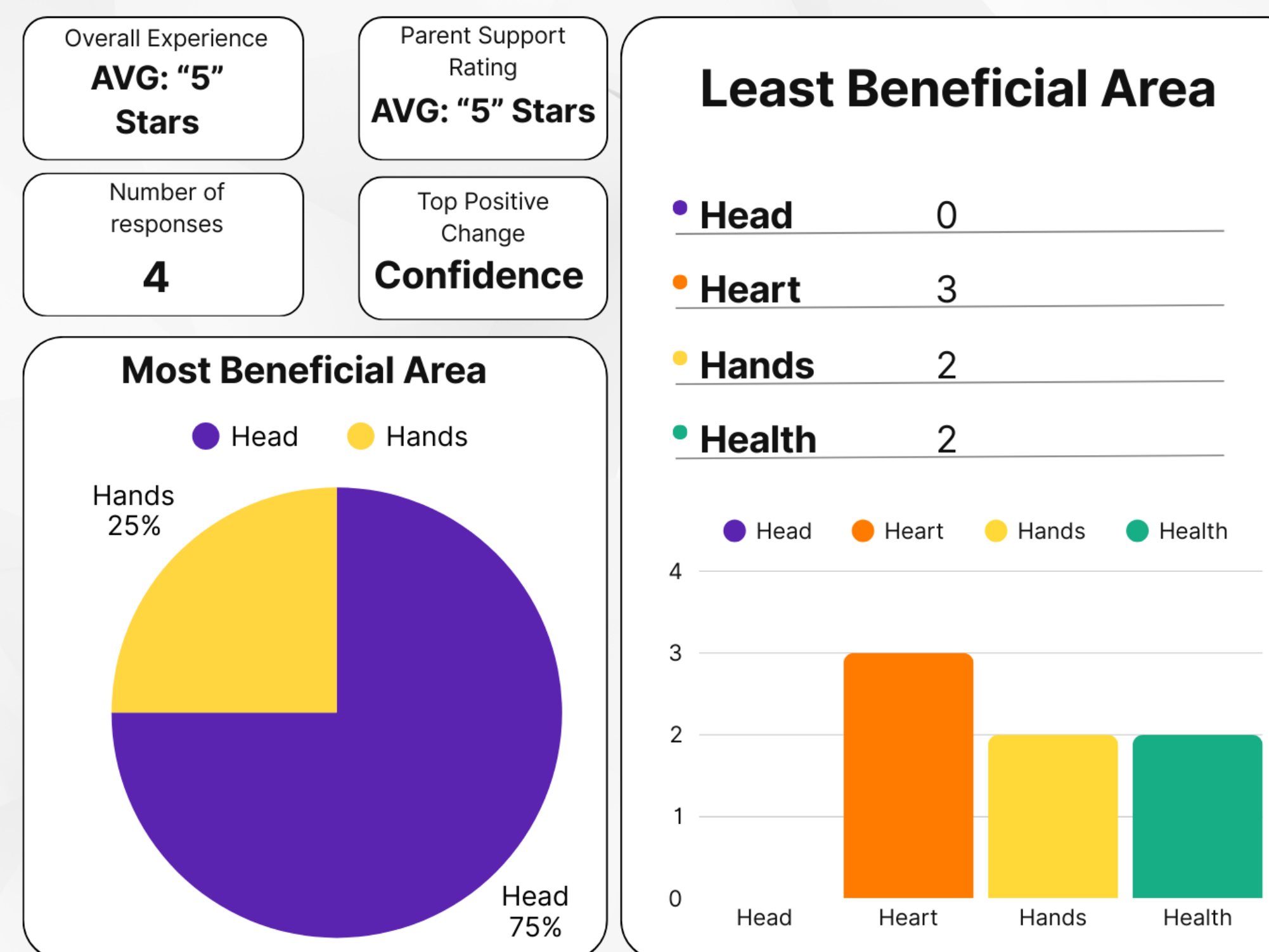


My Goal & Research

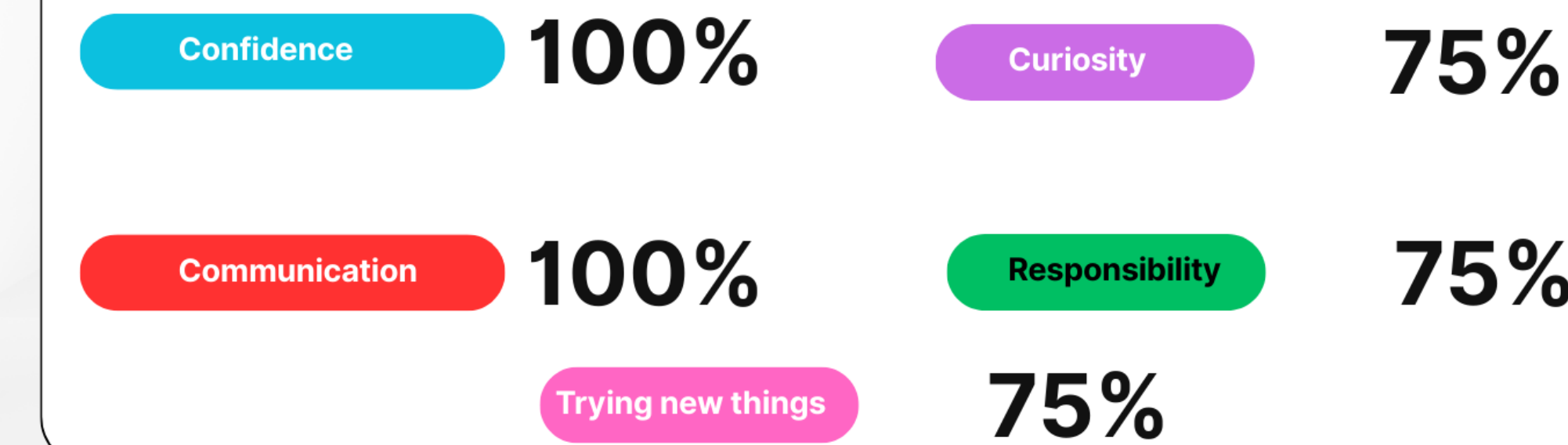
The goal of the internship was to evaluate the overall impact of 4-H on youth development and determine which of the four H's—Head, Heart, Hands, or Health, should be emphasized more as a learning focus. This helped guide future programming by identifying which components had the most meaningful impact.

Figure 2. Survey Results

2025 Summer 4-H Program Survey Results



Postive Changes



Meaning Of The Survey Results

Families overwhelmingly rated the program 5/5 and highlighted gains in confidence and communication. Parents most valued 'Head' (learning & critical thinking) but want more emphasis on Heart & Health moving forward. Future interest is strongest in STEM, leadership, and outdoor learning.

Internship Takeaways

This internship gave me hands-on experience in creating youth educational programs that promoted environmental awareness and community engagement. Developing and delivering activities for Latinx and low-income communities, two communities I've grown up in and deeply understand, so it was especially meaningful to me. I've seen firsthand how important it is to have accessible programs like this, and it was something I always hoped to help with one day. I also strengthened my skills in curriculum design, public communication, and culturally responsive outreach.

These experiences directly connect to my majors in Political Science and Human Dimensions of Natural Resources by deepening my understanding of how environmental education, equity, and policy intersect. I gained insight into how local programs like 4-H can support environmental literacy and social inclusion both of which are essential to the kind of community-based environmental work I hope to pursue in my future career.

Figure 3. Photos of Internship

