CREATING YOUR INTERNSHIP CAPSTONE VIDEO
ROLE OF YOUR LIFE?
HELPFUL TIPS!

- Keep it short
- Keep it simple.
- Explain what you’re doing.
- Tell it from the heart!
- Does it offer value?
TECHNICAL TIPS!

- Think about your end product
- Use what you have
- Make sure video is stable
- If you are recording audio shield microphone from wind
SAMPLE CAPSTONE VIDEOS

https://www.youtube.com/watch?v=n-__TP0XphI&list=PL2C18C1CE6FEC3D40
https://www.fws.gov/northeast/youth/students2010/melissa_lesh.html
https://youtu.be/ZWiT0EZwuJA
https://vimeo.com/137431000
QUESTIONS?
“Getting it all on the page”
Creating an “Internship Summary” with style and substance

A good summary page is a concise, visually appealing communication and marketing tool.

Do

➤ Use bullet points
➤ Relay vital and interesting facts
➤ Include pictures/graphics/photographs
➤ Include contact information
➤ Fit to one standard (8.5”x11”) page

Don’t

➤ Use technical jargon
➤ Use acronyms
➤ Write in large paragraphs
➤ Forget to credit sources
➤ Forget to proofread

“If you can’t explain it simply, you don’t understand it well enough.” – Albert Einstein

For more information on this guide, please contact:
Alison Sasnett
703 358 2647
alison_sasnett@fws.gov

Image via https://memegenerator.net/instance/53483419/liam-owl-any-questions
“Your Project Here”

A quick guide to making PowerPoint work for you!
Sunrise at Back Bay National Wildlife Refuge
We want to know…

…about YOU!

- Who you are
- Something interesting about you
- What you’re passionate about
- Why you’re giving this presentation
Tell Us About the Project

**Do**
- Provide key information
- Include visuals
- Let people ask questions
- Use consistent fonts

**Don’t**
- Overload a slide with info
- Read directly from the slides
- Use distracting transitions
- Forget to proof your work
Now, give us more information!

Important Concepts

- Challenges
- Standout Moments
- Next Steps

“Please, sir, I want some more!”

Image Source: https://imgur.com/r/birdswitharms/Dha6uMr
What is the purpose of this slide?

(There isn't one.)
Group Names for Mammals

Did You know……?
There are alot of bizarre group names for animals. Here are way to many examples, and that's just mammals alone!

- **Apes:** a shrewdness
- **Badgers:** a cete
- **Bats:** a colony
- **Bears:** a sloth or sleuth
- **Buffalo:** a gang or obstinacy
- **Cats:** a clowder, pounce or glaring; for kittens: a kindle, litter or intrigue
- **Dogs:** a litter (puppies), pack (wild) or cowardice (curs)
- **Donkeys:** a pace
- **Elephants:** a parade
- **Elk:** a gang
- **Ferrets:** a business
- **Fox:** a leash, skulk or earth
- **Giraffes:** a tower
- **Goats:** a tribe or trip
- **Gorillas:** a band
- **Hippopotamuses:** bloat or thunder
- **Hyenas:** a cackle
- **Jaguars:** a shadow
- **Kangaroos:** troop or mob
- **Lemurs:** conspiracy
- **Leopards:** leap
- **Lions:** pride or sawt
- **Martens:** richness
- **Moles:** labor
- **Monkeys:** a troop or barrel
- **Mules:** a pack, span or barren
- **Otters:** a romp
- **Pigs:** a drift, drove, sounder, team or passel
- **Porcupines:** a prickle
- **Porpoises:** a pod, school, herd or turmoil
- **Rabbits:** a colony, warren, nest, down, husk or herd (domestic only)
- **Rhinoceroses:** a crash
- **Squirrels:** a dray or scurry
- **Tigers:** an ambush or streak
- **Whales:** a pod, gam or herd
- **Wolves:** a pack, rout or route (when in movement)
So.
Many.
Errors.
- Apes: a shrewdness
- Badgers: a cete
- Bats: a bulbous
- Bears: a sloth or sleuth
- Buffalo: a gang or obstinacy
- Cats: a clowder, pounce or glaring; for kittens: a kindle, litter or intrigue
- Dogs: a litter (puppies), pack (wild) or cowardice (curs)
- Donkeys: a pace
- Elephants: a parade
- Elk: a gang
- Ferrets: a business
- Fox: a leash, skulk or earth
- Giraffes: a tower
- Goats: a tribe or trip
- Gorillas: a band
- Hippos: a bloat or thunder
- Hyenas: a cackle
- Jaguars: a shadow
- Kangaroos: a troop or mob
- Lemurs: a conspiracy
- Leopards: a leap
- Lions: a pride or sawt
- Martens: a richness
- Mules: a pack, span or barren
- Otters: a romp
- Pigs: a drift, drove, sounder, team or passel
- Porcupines: a prickle
- Porpoises: a pod, school, herd or turmoil
- Rabbits: a colony, warren, nest, down, husk or herd (domestic only)
- Rhinoceroses: a crash
- Squirrels: a drey or scurry
- Tigers: an ambush or streak
- Whales: a pod, gam or herd
- Wolves: a pack, roup or route (when in movement)
Apes: a shrewdness
Badgers: a cete
Bats: a cauldron
Bears: a sloth or sleuth
Buffalo: a gang or obstinacy
Cats: a clowder, pounce or glaring; for kittens: a kindle, litter or intrigue
Dogs: a litter (puppies), pack (wild) or cowardice (curs)
Donkeys: a pace
Elephants: a parade
Elk: a gang
Ferrets: a business
Fox: a leash, skulk or earth
Giraffes: a tower
Goats: a tribe or trip
Gorillas: a band
Hippopotamuses: bloat or thunder
Hyenas: a cackle

Information Overload!

- Jaguars: a shadow
- Kangaroos: troop or mob
- Lemurs: conspiracy
- Leopards: leap
- Lions: pride or sawt
- Martens: richness
- Moles: labor
- Monkeys: a troop or barrel
- Mules: a pack, span or barren
- Otters: a romp
- Pigs: a drift, drove, sounder, team or passel
- Porcupines: a prickle
- Porpoises: a pod, school, herd or turmoil
- Rabbits: a colony, warren, nest, down, husk or herd (domestic only)
- Rhinoceruses: a crash
- Squirrels: a dray or scurry
- Tigers: an ambush or streak
- Whales: a pod, gam or herd
- Wolves: a pack, rout or route (when in movement)
Did You know......?
There are a lot of bizarre group names for animals. Here are way too many examples, and that's just mammals alone!

- **Apes:** a shrewdness
- **Badgers:** a cete
- **Bats:** a cauldron
- **Bears:** a sloth or sleuth
- **Buffalo:** a gang or obstinacy
- **Cats:** a clowder, pounce or glaring; for kittens: a kindle, litter or intrigue
- **Dogs:** a litter (puppies), pack (wild) or cowardice (curs)
- **Donkeys:** a pace
- **Elephants:** a parade
- **Elk:** a gang
- **Ferrets:** a business
- **Fox:** a leash, skulk or earth
- **Giraffes:** a tower
- **Goats:** a tribe or trip
- **Gorillas:** a band
- **Hippopotamuses:** bloat or thunder
- **Hyenas:** a cackle
- **Jaguars:** a shadow
- **Kangaroos:** troop or mob
- **Lemurs:** conspiracy
- **Leopards:** leap
- **Lions:** pride or awt
- **Martens:** richness
- **Moles:** labor
- **Monkeys:** a troop or barrel
- **Mules:** a pack, span or barren
- **Otters:** a romp
- **Pigs:** a drift, drove, sounder, team or passel
- **Porcupines:** a prickle
- **Porpoises:** a pod, school, herd or turmoil
- **Rabbits:** a colony, warren, nest, down, husk or herd (domestic only)
- **Rhinoceroses:** a crash
- **Squirrels:** a dray or scurry
- **Tigers:** an ambush or streak
- **Whales:** a pod, gam or herd
- **Wolves:** a pack, rout or route (when in movement)
Group Names for Mammals

Did you know…….?  
There are quite a lot of bizarre group names for animals.  
Here are a few choice examples:

A cauldron of bats

A prickles of porcupines

A obstinacy of buffalo

A tower of giraffes
Group Names for Mammals

A cauldron of bats

A prickle of porcupines

A tower of giraffes

An obstinacy of buffalo
Make it interesting!

- Short Videos
- Infographics
- Discussion Questions

Really Amazing Presentation
Bring it back home ....

- Final thoughts
- Nuggets of wisdom
- Biggest lesson learned
So, what do you call a group of interns?

• A cohort?
• A troupe?
• An inquiry?
Call yourselves whatever you like!

But we want you to know that we call you ....

Amazing!!!
Thanks for your time!

Your Name
Your Organization’s Name
Your Contact Information

Photo by Richard Lee
Emotional Intelligence

Social SELF AWARENESS AND EMPATHY
General Preferences

- They are our natural inclinations or tendencies.
- In this case, they’re how we tend to behave in teams.
- They are not ways to label, categorize or judge us.
- They are also not good or bad.
Our Compass

NORTH
➔ Acting - “Let’s do it” - Likes to take action, try things, plunge in

EAST
➔ Speculating - likes to look at the big picture and the possibilities before acting

SOUTH
➔ Caring - likes to know that everyone’s feelings have been taken into consideration and that their voices have been heard before acting

WEST
➔ Paying attention to detail –likes to know the who, what, when, where and why before acting
Acting
“Let’s do it”
Likes to act, try things, and plunge right in

Pays Attention to Detail
Likes to know the who, what, when, where and why before acting

Speculating
Likes to look at the big picture and the possibilities before acting

Caring
Likes to know that everyone’s feelings have been considered and that their voices have been heard before acting
Group Exercise

• Determine your general preference-compass

• Find your group and corner

• Choose a recorder

• Your group should answer all questions listed on the back of the poster

• Proudly and boldly record them on the front of your poster
Stretching Ourselves

What style do you find most difficult to work with and why?

NORTH - gets impatient with WEST’s need for details

WEST - gets frustrated by NORTHER’S tendency to act before planning

SOUTH - group members crave personal connections and get uncomfortable when team members’ emotional needs aren’t met

EAST - group members get bored when WEST gets mired in details; gets frustrated when NORTH dives in before agreeing on big goals
Awareness is the key!

• This activity increases our awareness of our own and others’ preferences

• Increased awareness opens the door to empathy

• Our preferences have their strengths and their limitations

• A diversity of preferences is what makes for better team work and results
List at least one thing that you will work on when working in a team environment. Share it with your neighbor.
**Tips for Creating the Intern Capstone Video**

As an ODU/U.S. Fish and Wildlife Service intern, you will have an amazing opportunity to be exposed to various geographic locations, a variety of work assignments, and will have access to experts in their respective fields. At the end of your internship, you’ll be asked to present a reflective-style video assignment which documents your internship experience. Below are a few helpful tips to assist in completing your Capstone Video.

1. **Keep it short.**
   
   Capstone Videos should be 2-3 minutes in length.

2. **Keep it simple.**

   Your video should be simple and focused on one or two key points. Sharing every detail of your experience might sound like a great idea, but in reality you may lose your audience. Get started by making an outline of the topic(s) you want to present in your video, then design slides that relate to that topic(s). For example, ask yourself “How has participating in this program influenced me?” or “What was the most significant thing I learned during the internship?”

3. **Explain what you’re doing.**

   You lived your experience and can share it better than anyone else. Don’t assume the audience has visited your host site or has shared the same experiences as you. Be sure to reflect that in your project. Take pictures, videos and log your experiences along the way. These valuable materials will give you inspiration to design a unique, attention-grabbing, and visually appealing presentation.

4. **Tell it from the heart!**

   Your video should genuinely reflect your experience. Find a way to personalize the story and tell it in a way that the audience can share in that experience. Don’t be afraid to showcase your personality!

5. **Does it offer value?**

   Determine what kind of value you want your video to offer the audience. Remember that this was an amazing experience that inspired you, so let that reflect and inspire the viewers.

**TECHNICAL TIPS:**

For optimum recording quality, make sure your video equipment is stable and shield your microphone from wind while recording audio.

**EXAMPLES FOR INSPIRATION**

https://www.fws.gov/northeast/youth/students2010/melissa_lesh.html


https://youtu.be/ZWiT0EZwuJA

https://vimeo.com/137431000