
LIVENFK: AN INTERNS LIFE

Social Media, Coffee Pods, and Intern Events



Social Media

Social Media is hard. It's not just sitting at a desk posting on Facebook. It's planning and coordination and making sure everything is on message. Maybe it's my lack of marketing background, but it takes an hour, or a little more, to

create a Facebook post. After talking to the Marketing and Communications intern though, I found out that's normal.

Coffee Pods

You know what else takes time? Taking apart coffee pods. Surprised? Me too. Here's why I am taking them apart. I will be doing a summer camp activity twice a week with 5-7-year-olds at local recreation centers. During the camp I will read a book showing ways they can help the environment. After story time I will help them plant lettuce seeds in the coffee pods. It's upcycling and gardening all in one! The adhesive that holds the filters on the coffee pod is quite difficult to remove, which is why it takes up a chunk of time. Also, these used coffee pods have been sitting for a while, they're a little funky.

Intern Events

LiveNFK is a city-wide summer intern program organized by the Downtown Norfolk Council. There are professional development lectures and social events. It has been a wonderful way to explore Norfolk and get to know other interns throughout the City. The lectures have been on work place success, finances, and how volunteering helps our careers. The events have included a summer launch party, a luncheon with the Mayor, an Elizabeth River Trail bike ride, and improv and leadership training at the Push Comedy Theatre. I never considered myself outgoing, but these events have shown me otherwise. They have helped me work on networking, as well as just being more comfortable in social situations.

Lessons Learned

It is worth taking any opportunity to meet people who you might work with in the future. As always time management and organization are critical elements to being productive. Organization, for now, seems to be ever evolving. Although, officially having my own office has helped!

