

**NSF/UVM Community Cosmogenic Facility**  
*Laboratory Training Videos*

Overview

In order to prepare for your Be/Al extraction work, we ask that you watch and learn from a series of training videos that illustrate the methods we use in the clean laboratory. These videos are designed to give you a conceptual overview of what you will be doing each day, and to familiarize you with how to perform each method. Don't worry, Lee will work one-on-one with you the entirety of your first week in the clean laboratory, so we are not expecting you to memorize the steps in each procedure! However, we suggest that you watch each video several times in order to prepare for the in-person training.

These videos accompany our written methods, which are available for PDF download [here](#). You may find it useful to watch the training video, then look at the matching written method, then watch the training video again.

Videos

To prepare for Monday, please watch:

- [Welcome to the NSF UVM Community Cosmogenic Laboratory](#)
- [Quartz Massing and Carrier Addition](#) (note: we did this the week before your arrival so that your samples would be dissolved and ready for you!)
- [Stable Isotope Quantification](#)

To prepare for Tuesday, please watch:

- [Stable Isotope Quantification](#) (again, because this procedure spans two days)
- [Perchloric Acid Treatment](#)

To prepare for Wednesday, please watch:

- [Anion Column Chromatography](#)

To prepare for Thursday, please watch:

- [Cation Column Chromatography](#)

To prepare for Friday, please watch:

- [Quality Checking](#)
- Hydroxide Gel Precipitation (*video still in progress, coming soon*)