

Service Learning Requirement for Health

Service learning is a type of experiential learning where the student is involved in helping to provide a service identified in the community. It is providing time and service without the expectation of receiving anything in return. Service learning can give a person the opportunity to step outside their comfort zone and try something new. It often fosters personal growth and satisfaction while also learning about the needs of others. It may also lead to finding a new passion and direction!

- Students need to fulfill **10 hours** of **service learning** during the trimester that Health is taken.
 - **Students cannot earn credit for Health without doing the service learning requirement!**
 - Hours **MUST** be volunteered.
 - You cannot be paid for your hours.
 - Service hours cannot benefit your club/sports team or be used for National Honors Society.
 - Hours must be approved by Mrs. Mencotti prior to completing.
 - Hours must be logged and signed by supervisors for each service activity. (Refer to Service Log for more details.)
 - Examples of service provided by students:
 - Soup kitchen
 - Meals on Wheels
 - Habitat for Humanity
 - Service Trips
 - Nursing homes
 - Animal shelters
 - Ushering
 - Working with special needs children
 - House keeping/yard work for the elderly
 - Blood donation (equivalent to 2 hours of service)
 - For current opportunities in our community, refer to the Community Service link on the Seaholm Website:
<https://www.birmingham.k12.mi.us/domain/1146>
- **Required summary and reflection paper about your service learning experience: (Worth 100 Points)**
 - As part of the service learning experience, reflection is a crucial component to the process of personal growth and understanding. The following components should be included in the summary/reflection:
 - Summary of your service learning experience
 - Duties performed
 - What were you trying to accomplish?
 - Who benefited from your service?
 - What impact has volunteering had on you? What did you learn?
 - How did this service learning affect your self-esteem and/or sense of giving?
 - Describe how you feel about service. What did you like most/least about this service work?
 - Describe your commitment to the service before you started. Did it change? Explain
 - If you think service to others is important, will you volunteer your time again at some point in your life? Why or why not?
 - This list is not inclusive! Please feel free to share any other reflections/thoughts about your experience!

Service Learning Log and Reflection Due: _____

Please write your service learning plan below (What and When). Once you have your hours planned, please show Mrs. Mencotti to initial with her approval.

Mrs. Mencotti Initial _____

*For students attempting to test out of Health, 10 service hours must still be completed during the trimester that they are taking the test.

- Students must complete the request form to test out with the department chair.
 - Upon approval, a test date will be arranged.
- Students need to complete the service plan (above) to be approved by Mrs. Mencotti.
- Students must submit the Service Log and Reflection the day that they arrange to take the test.
- **Please note: Students must pass the test with a 78% or higher AND fulfill the service requirement to successfully test out of Health class.**