

SERVICE HOURS

It is often through helping others that we learn a great deal about ourselves. We are asking everyone to meet the minimum requirements for service hours as detailed below, but are hopeful that once you get started with the service, you will actually exceed the hours and make an even bigger impact on our community.

“When I came here, I was looking for a **community**. Then I realized I was helping to **create one**.”

—Ryan Albright

http://eecs.oregonstate.edu/sites/default/files/images/albright_quote.png

What are the hours?

- Freshmen-10 hours – 5 Fall, 5 Spring
- Sophomores-15 hours – 8 Fall, 7 Spring
- Juniors- 20 hours (at least 5 with non-profit) – 10 Fall, 10 Spring
- Seniors-20 hours (at least 5 with non-profit) – 10 Fall, 10 Spring

These hours are for the year.

What are the stipulations?

- Service hours must be unpaid
- Service hours must provide a service to someone outside your family. Families tend to ask us to do things, but we want you guys to *seek out* new ways to help others.
- Service hours counted for seminar, may not be turned in for anything else. In other words, if you are counting hours for NHS or Boy Scouts or any organization that you would be receiving recognition for, those hours cannot count double for your seminar hours as well.
- If you do an all-day activity, you may count a maximum of 5 hours from that one activity.
- You can receive a maximum of 5 hours through in-school service (activities like gleaning, tutoring, AL Pals, office assistants, etc.) upon completion of the activities.

***While there are limits on how many hours count for this assignment, feel free to record all of your actual hours as it may help when applying for colleges!*

What else do I need to know?

- Our goal is to help you gain exposure to ways you can help in our community (and in the world!).
- You will record your service on a google form. You must provide a supervisor's contact information in order to get credit. This will count towards your seminar grade.
- If you are not sure an activity will count for service hours, please check with your seminar teacher ahead of time. We reserve the right to deny hours for activities that we do not consider appropriate service.
 - We want you to enjoy this as much as possible! Remember that you often get out of experiences what you put into them. This is your opportunity to make a difference (even if it's a small one) in someone's life! Take advantage of it!



LIFE'S MOST PERSISTENT
AND URGENT QUESTION:
WHAT ARE YOU
DOING FOR OTHERS?