

PG Engage Sophomore Activity and Event List

All sophomores must choose **one** item from **each of the three categories below** and complete it. Submit proof of attendance and a reflection form to your advisor for credit. **Credit will be given for events completed during the school year in the community of Charleston.**

Mindfulness & Health	Perspective & Communication	Nature & the Environment
<p>Attend a yoga, mindfulness, meditation, or Tai Chi class in Charleston. Yoga studios you might consider include, Holy Cow Yoga, Community Yoga, or Charleston Parks & Rec. In addition to your reflection form, provide a receipt or signed studio brochure/card from the yoga instructor.</p>	<p>Attend a Charleston poets event. For a schedule of Charleston Poets events, see the P-G Engage calendar or their website, http://charlestonpoets.com/poetry-events-in-charleston/. In addition to your reflection form, submit a program or photo of you at the event as proof of attendance.</p>	<p>Attend a SurfRider Foundation Charleston Chapter event, https://charleston.surfrider.org/#upcoming-events. In addition to your reflection form, submit printed materials from the event or a photo of you at the event as proof of attendance. OR Attend an event sponsored by the Coastal Conservation League http://coastalconservationalleague.org/events/. In addition to your reflection form, submit printed materials from the event or a photo of you at the event as proof of attendance.</p>
<p>Take a cooking class in Charleston. Suggestions include Le Creuset or Trident Tech Continuing Education. In addition to your reflection form, submit printed materials from the class or some other proof of attendance in the form of a receipt, brochure signed by instructor, etc.</p>	<p>Attend a church or worship service in Charleston in a denomination different from your own faith. In addition to your reflection form, submit the service bulletin or prayer sheet as proof of attendance.</p>	<p>Participate in the Project Green Challenge by choosing an activity in two different categories from their website, https://projectgreenchallenge.com/challenges/. Choose two categories and complete the corresponding Green Level challenges. Complete a reflection form and submit the answers to the challenge questions in your two categories to your advisor.</p>
<p>Take a dance class that introduces you to a different culture (salsa dance, tango, Irish dancing, etc.) In addition to your reflection form, submit your receipt for the class, or a brochure or business card signed by the instructor as proof attendance.</p>	<p>Volunteer with a local political campaign or to help with a voter registration drive. In addition to your reflection form, submit a photo of you at the event as proof of attendance.</p>	<p>Visit a GrowFood Carolinas affiliated farm or retail provider. See the list here http://coastalconservationalleague.org/projects/growfood/. Interview an employee about how the organization fits with the GrowFood Carolinas effort. Be sure to take a picture of you with the person you interviewed and submit it with your reflection form.</p>
<p>Complete an online mindfulness challenge like the ones found on https://theblissfulmind.com/ or http://rodgerscounseling.com/the-7-day-mindfulness-challenge/.</p>	<p>Interview an extended family member (not a parent or sibling) about their experience with a major historical event or issue, and either a) prepare a notebook about your family's story or b) make a 5-minute speech to your</p>	<p>Plant a vegetable or flower garden. In addition to your reflection form, provide a photograph and list of what you planted (tip: this can be done individually or with a group of friends).</p>

<p>Complete the journal that is included with the challenge and turn it in with your reflection form to receive credit.</p>	<p>advisory group about your findings. In addition to your reflection form, your speech or booklet will serve as proof of completion.</p>	
<p>Find 5 healthy recipes that you would like to try (online or in a cookbook), prepare one and create a booklet of the recipes including pictures and your review of the recipe you prepared. In addition to your reflection form, share your booklet with your advisor.</p>	<p>Read the Charleston Post and Courier (or any reputable news source) and submit a letter to the editor in response to an article about which you felt strongly. If sending via e-mail, cc your advisor or attach a copy of your letter with proof of submission. Contact information for the Post and Courier can be found on their website https://www.postandcourier.com/site/contact.html</p>	<p>Attend a SC Department of Natural Resources event. The event calendar can be found on their website, http://www.dnr.sc.gov/Calendar/ViewCal.html?calendar_id=2&approved=1&dropdown=1</p> <p>As proof of attendance, in addition to your reflection form, submit a ticket stub or photo of you at the event.</p>
<p>Take a class in craft making (jewelry, knitting, sewing, wood working, printmaking, metal-working, welding, pottery, etc.) Examples of class providers include Michael's, Gibbes Art Museum, Huck Finn School, Palmetto Clayground, Trident Technical College Teen U Creative Arts Classes. In addition to your reflection form, as proof of attendance, provide a sample of your work to your advisor.</p>	<p>Attend a Charleston city council meeting. The tentative schedule can be found here. Check with the city of Charleston to confirm dates, times and location of meetings. https://www.charleston-sc.gov/DocumentCenter/View/8627</p> <p>In addition to your reflection form, submit a meeting agenda or photo of you at the meeting (be sure to take it before the meeting starts or after it has concluded) as proof of attendance.</p>	<p>Visit one of the Charleston area nature centers such as Caw Caw Interpretive Center, Birds of Prey, or Edisto Environmental Learning Center. In addition to your reflection form, provide a receipt of paid admission or a brochure as proof of attendance.</p>
<p>Attend an event in this category from the PG Engage Calendar.</p>	<p>Attend an event in this category from the PG Engage Calendar.</p>	<p>Attend an event in this category from the PG Engage Calendar.</p>