

HONORS COLLEGE COMMUNITY SERVICE PROJECT FRESHMAN AND SOPHOMORE ESSAY 2020-2021

Overview: As a culminating activity, and in order to satisfy your freshman or sophomore Honors College requirements, you will write a reflective essay describing your volunteer work and then submit it to your advisor by May 3, 2019. Please note that the final product may be published for viewing on the Honors College website.

Objective: To summarize and reflect upon your experience serving the community

Expectations: Analyze and reflect upon the rewards and challenges of your community service and what you learned about yourself and/or others. Then, compose an essay detailing your reflections. Submit your first draft to your Honors College advisor for review and feedback.

Suggested Topics:

1. Recall the best day of your volunteer work.
2. Describe the most challenging day you faced as you volunteered.
3. Reflect upon and describe who or what most inspired you during your volunteer experience.
4. Describe how your experience influenced your future goals.

Required Elements:

1. Articulate where you completed your service, including the five hours of service to youth (9th grade) or to the school and/or community (10th grade).
2. Describe in detail the specific activities you performed and the places and events you attended.
3. Communicate what you learned about yourself and/or others through your volunteer experiences.
4. Use elaborate detail in your writing.
5. Compose a minimum of five paragraphs, including an introduction and conclusion.

Procedure:

1. Review the elements of a reflective essay (see page 2).
2. Use the computer to compose a reflective essay.
3. Submit your first draft to your Honors College advisor at least two weeks prior to the final due date.
4. Follow the formatting requirements listed below.
5. Do NOT include specific names of your supervisors or others you worked with.
6. Submit the final product to your advisor no later than **Friday, April 30, 2021**. **You may complete this as soon as you have finished all of your required hours and submit it early.**

Format:

- Include your name, advisor's name, and date in your heading
- Document must be double spaced, Times New Roman font, 12-point size, and 1" margins



Reflective Essay Writing:

The reflective essay is not a mere summary of the experience. It also includes the following:

- thoughts and feelings
- your opinion of the positive and negative aspects of the experience
- how the experience affected you
- what you learned as a result of the experience
- what you will do as a result of having had the experience

The Reflective Cycle (Gibbs, 1988)



- Helps us to look at an event, understand it, and learn from it
- Awareness of the impact of our preconceptions and personal beliefs of our understanding of events and our reaction to them

Source:

Martin, Sara Beth. "Reflective and Supportive Supervision." 2012 South Carolina Home Visiting Summit.

Department of Health and Human Services, Columbia, SC. 26 Oct. 2012. Lecture.