

Psychology 203: Abnormal Psychology
Service Learning Project and Paper
Overview

Prairie State College encourages students to participate in Service Learning. Service Learning is defined as “a method of teaching and learning that connects classroom lessons with meaningful service to the community. Integrated into the academic curriculum, service learning helps students and schools meet academic goals. Service learning enables students to apply their knowledge in support of their neighbors and community as they gain knowledge and skills from meeting real community needs. Students build character and become active citizens as they work with others in their school or community to create service projects in areas like education, public safety, and the environment” (<http://prairiestate.edu/academics/service-learning/index>)

All students in Psychology 203 will be required to participate in a Service Learning Project. (If this presents a particularly significant challenge for you, you must contact me before **October 1st** to discuss other ways of satisfying this course requirement.) Students will be encouraged to break into groups according to their interest in particular kinds of service projects. Students will be given a choice of at least three sites for completion of their hours. (Possible sites and contact information are attached.) Students may also present their own ideas about an on-campus group service project. After options are presented and groups are established, each student is expected to:

1. Decide where they intend to complete their Service Learning project and inform the instructor,
2. Speak/meet with a representative of the organization and define the parameters of the volunteer opportunity. Complete the Service Learning Agreement. This agreement must be signed by the student and a representative of the community organization, and returned to the instructor as soon as possible. (This document is attached here and can also be found on D2L.)
3. Provide 6 - 10 hours (or more!) of direct service to the organization of their choice before **the end of the semester**. Students are required to keep a log of hours of service provided. This log must be signed by the student and by a representative of the service agency. This log must be turned in to the instructor once your service hours have been completed (and before **end of semester**). (This document is attached here and can also be found on D2L.)
4. Write an individual reflection paper about their Service Learning experience and submit it through D2L by **end of semester**
5. Participate in a discussion about Service Learning projects during Finals Week.

Service Learning Project Reflection Paper

The paper should be at least 3 pages long, typed, double spaced and in APA Style format. Your paper should have a title page, sections that address each of the three key reflection questions listed below and a reference page. *The Publication Manual of the American Psychological Association 6/e* (2009) provides guidelines for the appropriate appearance of the title page, parenthetical citations and the reference page. (Please refer to the APA handout available at the Student Success Center or to the “APA Style Paper Sample” in D2L.) The title and reference page **DO NOT** count toward the paper’s length. While you are expected to write in a professional style, you are allowed to use “I” and “me” since this is a paper reflecting on your personal experiences. All papers are due by 11:55 p.m. on (**TBD**) and must be submitted to the D2L Dropbox as a Microsoft Word file (.doc or .docx). Late papers may be subject to a penalty. You are welcome to submit your paper early ☺

Your reflection paper should begin with an introduction, which will briefly explain where you did your project and what your duties involved. The remainder of your paper should address the following three areas (and should do so using the following three headings):

- **What I learned from my Service Learning experience**

Before this section, Then, under this heading, you should share what you learned from this experience: about organizations, clients, community, about social problems or community needs and/or about yourself?

- **Connections to Abnormal Psychology**

You should note how a particular fact, theory, or phenomenon relates to your volunteer experience. The expectation here is that you will show evidence that you have examined your volunteer experience in light of the material assigned or discussed in our class. **Specifically, you should identify at least three different psychological concepts from your textbook.** Briefly but thoroughly describe the selected concepts. (Write as though your reader is new to the topic of social psychology.) Finally, explain the connection between these concepts as they appear on paper and how they occurred during your real world service learning experience. (To do this, you will need to have at least one reference for your paper. This reference may be your textbook.)

- **Relevance of Service Learning**

In this concluding section, discuss what you perceive to be the relevance of Service Learning to a college education. What value does this experience have for learning among college students in general and psychology students particularly?

See the Grading Rubric below for additional details. Papers that do NOT address all three areas listed above will be subject to a point deduction.

	Possible Points	Points Earned
Service and Documentation		
Completing and submitting a Service Learning Agreement and Service Log	5	
Completing 6 – 10 documented hours of Service by due date	35	
Reflection Paper		
• Use of APA format, proper grammar and an organized writing style	5	
• What did I learn?	25	
• What’s the connection to Abnormal Psychology? (minimum of 3 concepts)	25	
• How is Service Learning relevant to a college education?	10	
TOTAL POINTS FOR PROJECT:	100	

SPRING 2014 Service Learning Sites for Consideration:

Habitat for Humanity

<http://gohabitat.net/>

Habit for Humanity helps to rehab homes in our community in order to provide lower cost housing for deserving families. Their website states “We are always looking for dependable dedicated volunteers. Come alone, with a friend, or in a group. No matter how you volunteer we will find a place for you! There are many opportunities for volunteering with Habitat for Humanity Chicago South Suburbs. Most people think first of working on a house and that is indeed where a majority of volunteer hours are accumulated. However, we also need volunteers to work in the office, to help implement fund raising activities and to serve on one of the standing committees.”

Online registration for groups of up to 8 students; work sites in Lansing and Park Forest are seeking volunteers Tuesdays – Saturdays. See website for answers to Frequently Asked Questions regarding volunteering with HFH.

Respond Now

<http://www.respondnow.org/>

1439 Emerald Street, Chicago Heights, IL
708-755-4357

Respond Now is a social service agency located in Chicago Heights that provides assistance to families in need. The organization’s website asks: “Can you give 3 hours a week and volunteer Monday, Wednesday or Friday? We especially need help in the afternoons. Jobs include interviewing clients, general office work, filling food bags, organizing the food pantry and clothing room and especially sharing smiles to lift the spirit of others. Help others and make friends. Volunteering is good for your mental health. In order to serve approximately 2700 clients a month we need lots of caring hearts. Please help us. Contact Asst. Director **Anita Alvarado** today with details on how many hours per week (or month) you are prepared to volunteer and your phone number, she will get back to you as soon as possible. Anita’s Respond Now phone number is **708-755-HELP** and she is here Monday, Tuesday, Wednesday and Friday 9:30 am to 5pm.”

Harold Colbert Jones Memorial Community Center
(708) 757-5395

220 East 15th Street, Chicago Heights, IL

The Jones has a 90+ year history of serving community members in and around Chicago Heights. Its website states “true to its origins in the Presbyterian Church, the Center has many activities and programs for all age groups and continues to express high principles and provide practical services to strengthen family ties, to emphasize the worth of all persons and to answer a community need.” Youth programs include educational, social, and recreational activities for ages 5-17 and adult services include senior citizen programming, a food pantry, Community Closet and job assistance. For more information, contact Cheryl Roop at croop@jonescenter.org

Restoration Ministries/Harvey House 253 E. 159th Street, Harvey

<http://www.restorationministries.net/Volunteer.asp> 708-333-3370

The website states “Restoration Ministries is a thriving Christian-based organization located in Harvey, IL. It was established in 1988 with the sole purpose of helping men struggling with addictions. Now 23 years later, Restoration Ministries serves all segments of the population with a special emphasis on at-risk, disadvantaged children and teens.” Their website identifies needs for volunteers to work with youth after school (contact Tanya Lopez, director of youth programs, 708-333-3370) and to assist in the Food Pantry on Monday evenings (contact Jeanette Goodman, food pantry director, 708-333-3370). Group service projects can also be discussed with director of development Karen Vrdolyak, director of development (708-333-3370).

PADS (Public Action to Deliver Shelter) <http://www.sspads.org/>

PADS' website explains that "PADS partners with Faith Communities throughout the south and southwest suburbs for the use of their facilities as homeless shelters. These shelters are staffed with volunteers from local Faith Communities, members of fraternal, civic and social organizations, as well as individuals from the surrounding communities. PADS provides the operational structure, supplemental volunteer support and supportive services such as medical, mental and substance abuse referrals, financial literacy instruction, employment readiness training, resume development and job search skills, homeless prevention programs, housing assistance programs and various life-skills training programs. We need shelter volunteers and Meal Teams. Can you help? Call 708-754-4357, ext. 107 to speak to Dawn Thrasher, Community Resource Coordinator, dawn@sspads.org"

South Suburban Humane Society (SSHS) 1103 West End Avenue, Chicago Heights
<http://www.southsuburbanhumanesociety.org/> 708-755-7387

The website reports that "The South Suburban Humane Society was founded in 1971 in order to serve the animal welfare needs of the entire south suburban Chicago region. Since November 1973, the organization has operated a 10,000 square foot open-door animal shelter in Chicago Heights, Illinois." Volunteers are needed as dog walkers and to socialize with cats. SSHS asks volunteers to commit at least 6 hours per month, but we are not overly strict about this rule. The first step to becoming a volunteer is visiting their website, and on the left hand side you will find a link titled "Become a Volunteer." This will lead you to the application, which comes directly to the SSHS database once it is filled out. Once the application has been filled out, students must attend a new volunteer orientation. These are held every first and last Wednesday of each month at 6pm at the shelter. Contact Amanda Young-Mullins at the above phone number for more information.

PAWS (Peoples Animal Welfare Society) of Tinley Park
<http://www.pawstinleypark.org/index.html> 815-464-7298

The organization's website states "The P.A.W.S. of Tinley Park could not exist without the dedicated efforts of our volunteer staff. We depend on them to help with the daily care of our animals. Dog or Cat person we would love to have you on our team! All new volunteers must first attend a Volunteer Orientation session. All orientations will last approximately 2 hours and will include a tour of the shelter. Registration is required for your attendance and space is limited. For more information, email pawstpvolunteer@yahoo.com"

Other agencies? Please share your ideas with Dr. Cornejo! Additional sites are discussed on PSC's website at <http://prairiestate.edu/academics/service-learning/index>

Service Learning Agreement

Student Name: _____ ID# _____

Course Title/Section #: _____

Name of Agency/Organization: _____

City: State: Zip Code: _____

Agency/Organization Telephone: _____

Agency Supervisor: _____

Duties/Goals:

We have mutually agreed upon a total of _____ **hours** of work over the course of the _____ week period beginning _____ and ending _____.
(# of weeks) (start date) (end date)

Hours are scheduled as indicated below.

Circle Days	List Hours
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday/Sunday	

Supervisor's Signature
Community Agency/Organization

Student's Signature
Prairie State College

SERVICE LEARNING LOG
Prairie State College

Student's Name: _____

Semester/Year: _____ Course: _____

Organization: _____

Date	Hours of Service	Type of Work Performed	Location	Verified By (please provide contact information)

Total Hours: _____