



Service Wellness Behaviors

All students on the new WELL Core must complete **50 points** within the Service Wellness category. Students will self-report their engagement in one of the eight (8) behaviors described below and complete an activity reflection on **Suitable** in order to receive points. **All behaviors count as 10 points** unless specified otherwise. *Students can only earn credit for each behavior **once**.*

Asset-Based Learning - Learn from someone you are serving

Engaging in service with humility and curiosity allows us to work from an asset-based model of mutuality ("we all have something to bring") rather than a power-over deficiency model ("I'm here to help you").

Civic Engagement - Participate in the civic process to make your voice heard so all people & communities flourish

Civic engagement might include:

- voting in a recent election, making a plan/pledge to vote, volunteering to help others register to vote, giving rides to the polls during election season, volunteering as a poll worker
 - participating in a march, rally, or vigil for social justice causes, contacting an elected officials about a cause that is important to you
 - getting involved in your local neighborhood association or school board, attending local council meetings or community forums
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Different Population - Volunteer with a non-profit or community organization who serves a population different from you

We mean "different" in any sense of the word!

Reflection - Participate in a session for reflection on the meaning of service

Experience alone does not automatically translate to learning. **Reflection upon an experience** does. This wellness behavior gives credit for engaging in reflection in a structured and communal way. Sessions might be led by non-profit partners you served with, a campus group or organization, a faith community, or other group.

Regular Volunteering - Volunteer regularly with a community partner
(20 points)

Regularly = at least 4x/month or 8x/semester; **all volunteer hours must be logged and approved on Get Connected prior to earning these points!**

Serve Together - Partner with a friend, campus group, or residence hall to serve together

Consider how serving together changes the impact of your engagement!

Service-Learning - Complete a service-learning course or other service-based learning initiative **(20 points)**

Enroll in a service-learning course to incorporate serving into your course curriculum as a vital way of learning. These courses include intentional tools for pre-reflection, direct service, and post-service reflection for a holistic experience centered on both service and learning. **All volunteer hours must be logged and approved on Get Connected prior to earning these points!**

Training/Workshop - Participate in a training or workshop on service by a non-profit organization

Trainings or workshops could include:

- learning about community disparities, policies, and issues most prevalent to the populations an organization serves through poverty simulations, panel discussions, or other contextualized experiences
- skill-building trainings or orientations (like the Get Connected Orientation or Service Wellness Orientation)