

Junior A.C.T.S. Hours

The Junior A.C.T.S. program integrates the core Augustinian values of truth, unity, and love. We are a service oriented community. In serving God and others, students show dignity and respect due human life (P.C.H.S. Vision Statement). The A.C.T. S. requirement is essential for completing third year Theology. A.C.T.S. is a Providence Catholic H.S. requirement

- 1) At the end of their sophomore year and at the beginning of their junior year, students will be given a presentation concerning their Junior A.C.T.S. requirements.
- 2) All A.C.T.S. hours and reflections are to be completed by **Thursday March 19, 2009**.
- 3) After the service hours are completed, students will write a two-page reflection paper. The deadline for this required paper is **March 19, 2009**. Reflection papers may be turned in before **March 19, 2009**. Early submissions should be given to Mr. Rassman (Room 106). Theology teachers will collect papers turned in on **March 19, 2009**. Attach a signature to the reflection paper. A signature sheet can be printed off the Providence web page.[www.Providencecatholic.org—Current Students—ACTS ---Information (with forms) for Junior ACTS hours]
- 4) Each student will have approximately **9 months** to complete his/her requirement of fifteen total service hours addressing a need here at Providence Catholic H.S. or their local parish or a combination of both. See the list of suggested activities below.
- 5) Deadline dates and requirements for the reflection paper will again be communicated to the students in a timely manner throughout the school year through the daily announcements and reminders from Theology teachers.
- 6) As stated in the P.C.H.S. handbook, “Each Junior must fulfill fifteen hours of service to the Providence Catholic Community or his/her parish and complete a reflection paper. Failure to complete either requirement will result in the lowering of one letter grade in the second semester Junior Theology class.”

Good luck and best wishes!
Junior A.C.T.S. Director, Mr. Rassman

It is one of the beautiful compensations of life, that no one can sincerely help another without helping himself---Ralph Waldo Emerson

*Happy are those who serve and do justice for they shall
shine as stars in the Kingdom of God!*

**SCROLL DOWN FOR AN EXPLANATION OF
THE REFLECTION PAPER.**

Junior A.C.T.S. Reflection Paper

Directions for writing your Junior A.C.T.S. Reflection Paper

Follow these directions carefully and your service experience will take on deeper meaning and your service experience will become more than just a task to be completed.

Format: Two **full** pages, typed, double spaced and 10 or 12 CPI. No Title Page.

Proper MLA Heading:

Your name
Your Theology teacher's name
Theology course
Date submitted

Title: Junior A.C.T.S. Reflection Paper

Ideas for reflection papers:

You need to consider some, but not all, of the statements/questions that follow.

Focusing on these questions will raise the quality of your written reflections and enrich your service experience. If you have any trouble writing your paper, see your Theology teacher or me, Mr. Rassman. We will be happy to assist you.

Here are some questions to consider in the **introductory paragraph**:

- What did you actually do? Where?
- What were your expectations as you decided to do this activity? List a few.

Here are some questions/statements to consider for the **body paragraphs**:

- In serving others, what talents/gifts did you actually use? For example: physical gifts? Mental gifts? Emotional talents? Spiritual talents? A combination of these?
- Connect your experience to something that you have studied/learned in any of your classes.
- Explain your feelings that were present as you did your service/used your gift.
- Explain what was difficult or easy for you during your service.
- Complete this thought: "Through my service project, I learned that..."
- What is it that you want to thank God for now?
- What was the reaction of those you served?

Here are some questions/statements to consider for the **conclusion paragraph**:


- Explain how your serving experience impacted your faith. **(Required)**
- What new insights about people or yourself came out of your experience?
- Would you do this service again? Why? Or why not?

Remember that these are only some of the questions that you could use to guide your reflection paper. Your personal insights are as important as the answers to these questions.

Proofread your paper for grammar and spelling errors. Papers that are deemed inadequate or do not meet the required length will be returned to be re-done.

Junior A.C.T.S. Director
Mr. Michael Rassman

Suggestions for Junior A.C.T.S. Hours

PROVIDENCE	PARISH
<p>Academic camps</p> <p>Athletic camps</p> <p>Clean for teachers</p> <p>Bookstore volunteer</p> <p>Preschool helper</p> <p>Tutoring</p> <p>Teacher Aide</p> <p>Main Office Aide</p> <p>Guidance Aide</p> <p>Deans' Office Aide</p> <p>Library Aide</p> <p>Open House Volunteer</p> <p>Placement Test Volunteer</p> <p>Women's and Men's Club</p> <p>Retreat Volunteer</p> <p>Cafeteria Volunteer</p>	<p>Homeless Shelter Parish Trip</p> <p>Summer Mission Trip</p> <p>Volunteer Coach for Parish</p> <p>Market Day's Volunteer</p> <p>Parish Fast for Charity</p> <p>Clerical volunteer for Parish</p> <p>Lawn/Landscape for Parish</p> <p>Nursing Home Volunteer</p> <p>CCD Teacher/Aide</p> <p>Food Pantry Volunteer</p> <p>Food/Clothing Drive for Parish</p> <p>Parish Fundraiser Volunteer</p> <p>Altar Server</p>
<p>*Any service activity <u>not</u> on this sheet <u>must</u> be pre-approved by Mr. Rassman</p>	 <p style="text-align: center; font-family: serif;">Giving back <i>can be very good for you.</i></p>