



Junior A.C.T.S. Hours

THE JUNIOR A.C.T.S. HOURS 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 TO HUMAN LIFE. THE A.C.T.S. REQUIREMENT IS ESSENTIAL FOR COMPLETING YOUR JUNIOR YEAR. A.C.T.S. IS A PROVIDENCE CATHOLIC HIGH SCHOOL REQUIREMENT.

Guidelines:

- **Fifteen (15) or more hours** of documented service will be required by **Tuesday, March 28, 2023**.
- Your service hours must be performed for the benefit of your parish community, for the Providence Catholic community (**A maximum of 7 hours may be used for Providence**), or for any legitimate community charity outside Providence or your parish. You may combine hours from these three areas. For example, you may use 7 hours serving Providence and 8 hours serving your parish or community. **See the list of pre-approved activities.** Anything not on the pre-approved list must be approved by Mrs. DeVries in person in room 12 or via Teams Messenger.
- Services you may **NOT** use for A.C.T.S. Hours: Court ordered community service, working for or helping a relative, house chores, working for a for-profit company, being a PCHS classroom aide or babysitting of any kind. To be safe, pick from the pre-approved list (page 3). You also may not use hours from another activity such as AYM.
- No double-dipping! When in doubt, see Mrs. DeVries.
- You may **NOT** receive any type of compensation for your service. No free lunch if helping in the PCHS cafeteria.
- All hours of service must be verified by having the person you assisted, or the moderator/coach of an activity; they must sign the **verification form**.

How to Submit:

STEP 1:

You **must** fill out the Microsoft form. This will **require** you to upload a scanned/photo of your **verification form**.

FILL OUT MICROSOFT FORM HERE

STEP 2:

DECIDE:

CONVERSATION

OR

PAPER?

STEP 3:

Sign up for a reflection **conversation** with Mrs. DeVries. **This is only offered before March 1st.**

OR

Submit your **Reflection Paper** (see requirements on page 2) on our **A.C.T.S. Hours Teams Page**.

Requirements for Reflection Paper:

FOLLOW THESE DIRECTIONS CAREFULLY TO HELP YOU REFLECT ON YOUR EXPERIENCE WHILE COMPLETING YOUR A.C.T.S. HOURS:

Format: Two full pages, typed, double spaced and 12 font size, Times New Roman Font. **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

CHOOSING TO COMPLETE A REFLECTION CONVERSATION INSTEAD?

Reflect thoughtfully on the same questions below. You will be asked some of them and Mrs. DeVries will expect well-thought out answers!

Remember, conversations are only available up until March 1st! You must [sign up](#) prior.

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 Mrs. DeVries.

INTRODUCTORY PARAGRAPH

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

CONCLUSION PARAGRAPH

- How did service impact 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?

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.
- Did something surprise you about serving others?
How so?
- Did you benefit somehow from the experience?
If so, reflect on that. Is that good? Bad?
- Complete this thought: "Through my service to others, I learned that..."
- What is it that you want to thank God for now?



PROOFREAD YOUR WORK!

ESSAYS WITH MULTIPLE ERRORS OR POOR FORMATTING WILL BE RETURNED!

Pre-Approved List for A.C.T.S. Hours

PARISH

HOMELESS SHELTER PARISH TRIP
SUMMER MISSION TRIP
VOLUNTEER COACH FOR PARISH
CLERICAL VOLUNTEER FOR PARISH
LAWN/LANDSCAPE FOR PARISH
CCD TEACHER/AIDE
FOOD/CLOTHING DRIVE FOR PARISH
PARISH FUNDRAISER VOLUNTEER
ALTAR SERVER
LECTOR
VACATION BIBLE SCHOOL
MASS BABYSITTER
EUCCHARISTIC MINISTER
USHER

COMMUNITY

HOSPITALS
NURSING HOMES
FOOD PANTRIES
HOMELESS SHELTERS
ANIMAL SHELTERS
SHOVELING SNOW FOR PEOPLE
IN COMMUNITY – THOSE MOST
IN NEED (NO RELATIVES)
HELPING SENIOR CITIZEN AND
PEOPLE WITH DISABILITIES
(NO RELATIVES)

**NOT SURE ABOUT AN OPPORTUNITY
BECAUSE IT'S NOT LISTED?**



Send a message via Teams to
Mrs. DeVries for approval!

AT PROVIDENCE (MAXIMUM OF 7 HOURS)

ACADEMIC CAMPS
ATHLETIC/BAND CAMPS
CLEAN FOR TEACHERS
PRESCHOOL HELPER
TUTORING AT PROVIDENCE ONLY
MAIN OFFICE AIDE
GUIDANCE AIDE
SANDWICH PATROL

DEANS' OFFICE AIDE
BLC (LIBRARY) AIDE
OPEN HOUSE VOLUNTEER
PLACEMENT TEST VOLUNTEER
WOMEN'S AND MEN'S CLUB
RETREAT VOLUNTEER
CAFETERIA VOLUNTEER (NO FREE LUNCH)
FRESHMAN WELCOME VOLUNTEER