



# 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 25th, 2025**.
- 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 Mr. Thompson in person in room 24 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 Mr. Thompson.
- 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**

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### STEP 2:

DECIDE:

**CONVERSATION**

OR

**PAPER?**

### STEP 3:

**Sign up** for a reflection conversation with Mr. Thompson. **This is only offered before March 3rd.**

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 Mr. Thompson.

## **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?
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## **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  
VACATION BIBLE SCHOOL MASS  
BABYSITTER

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



Send a message via Teams to Mr.  
Thompson for approval!

## COMMUNITY

SERVICE DAYS - PCHS ORGANIZED  
HOSPITALS  
NURSING HOMES  
FOOD PANTRIES  
HOMELESS SHELTERS  
ANIMAL SHELTERS  
SHOVELING SNOW FOR PEOPLE IN  
COMMUNITY - THOSE MOST IN  
NEED (NO RELATIVES OR  
NEIGHBORS)  
HELPING SENIOR CITIZEN AND  
PEOPLE WITH DISABILITIES  
(NO RELATIVES OR NEIGHBORS)

**NEW!**

Sign up to volunteer with the  
**Celtics in Service** program.  
Serve once a year during  
the school day! More info  
[here](#).

## 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  
FASHION SHOW

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