



# Service Wellness Behaviors

All students on the new WELL Core must complete 50 points in the Service Wellness category. Students must reflect on their engagement with one of the eight (8) behaviors described below and submit 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.

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## ***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").

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## ***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 Session*** - Participate in a facilitated reflection session about your volunteer engagement

Experience alone does not automatically translate to learning. **Reflection upon an experience does.** This wellness behavior gives credit for engaging in a reflection session 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.

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

Consider how serving together changes the impact of your engagement!

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## ***Service-Learning*** - Complete a service-learning course or other service-based experiential 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!**

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## ***Training/Workshop*** - Engage with a training, workshop, or educational resource to learn about the context of a community need

This could include:

- learning about community disparities, policies, and issues most prevalent to the population an organization serves through podcasts, videos, books, poverty simulations, panel discussions, museums, or other contextualized learning experiences (see links on Suitable!)
- skill-building trainings or orientations hosted by community agencies (e.g. volunteer orientations)