

WHATCOM COMMUNITY COLLEGE
NUTRITION 101 SPRING 2012
SERVICE LEARNING FINAL REQUIREMENTS

BEFORE

1. Complete Service Learning Participant information Sheet (5pts)
2. Identify what your expectations might be before beginning your service learning experience. Stated another way, briefly state what you think you might gain or learn from this experience.

DURING

April 16th – June 1st Log 2-3hrs/wk with Washington State University Food Sense Program or Food Bank Farm (be aware the work on the farm will be labor intensive and if you have any physical limitations you may want to discuss that with the supervisor before hand)

Log 10-12 hours of service and document your hours of service. This can be done by having your supervisor or coordinator sign off weekly on hours of service you have completed. A copy of this should be returned to your supervisor/coordinator at Food Sense or the Food Bank Farm and a copy should be included in your final paper. (20pts)

3. Identify three *specific* ways you can encourage one to trade traditional food purchases of processed food for local, seasonal, reasonably priced food. How would you help them act on the three suggestions? (15pts)

In some cases this may not seem to apply to your situation. However, this question is still required as part of your final paper. If this does not seem to apply to the population you worked with in your service learning program then respond to the question as if you were trying to encourage a friend or family member. Try to use other means rather than just 'telling' them about a change and be creative in your manner of 'encouraging' them.

AFTER

Write up a reflection paper 2-4 pages 1.5 spaced, 10-12 font, addressing the items below. (This is printed in 12 font) No cover sheet or folder please. DUE: **Monday JUNE 4th**.

1. State briefly your assignment and responsibilities during your service experience.
2. In regards to your expectations identified *before* your service learning project began, were your expectations met? Why or why not?
3. What skills if any did you learn from this experience?

4. Do you feel this was a useful experience? Were you able to share and apply what you learned in class? If so, how? If not, explain.

5. Based upon your experience do you think the WSU Food \$ense Program is useful? Or the Food Bank Farm program is useful? Do you believe the program you participated in is beneficial for the population served? Why or why not?

6. Complete Service Learning Participant Evaluation. You can find the evaluation by following the direction below or clicking on the link in Moodle.

1. Go to the service-learning website:

www.whatcom.ctc.edu/servicelearning<<http://www.whatcom.ctc.edu/servicelearning>>

1. To get here, either type in the url above, or go to Whatom CC's main homepage, www.whatcom.ctc.edu<<http://www.whatcom.ctc.edu>>

2. Click on "Quick Links" at the top right hand corner

3. Click on "Service Learning"

1. Once on the website, scroll down to the "Information for Students" tab, click on it

2. Scroll to the bottom of this opened tab to "Student Evaluation"

3. Click on "here," which will take you to the evaluation

4. Take the evaluation and click submit

ALL OF THE ABOVE (including the segments to be complete BEFORE and DURING the service learning experience) MUST BE COMPLETED and turned in on **Monday JUNE 4th**. Project in its entirety is worth 100pts. The point allocation is approximately 5 or 10pts per segment unless otherwise stated.

NOTE: 10 pts deducted if late one class period and not accepted after that.

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