

## Holistic Admission

### Community Service

#### What Is Community Service?

**Community service is work done by a person or group of people that benefits others.** It is often done near the area where you currently live, so your own community (Winona or Rochester) reaps the benefits of your work. **You do not get paid/rewarded (money, grade, etc.) to perform community service**, though sometimes food and small gifts, like a t-shirt, are given to volunteers.

**Community service can help any group of people in need:** children, senior citizens, people with disabilities, English language learners, and more. It can also help animals, such as those at a shelter, and it can be used to improve places, such as a local park, historic building, or scenic area as well.

**Community service is often organized through a local group**, such as a place of worship, school, or non-profit organization. You can also start your own community service projects.

**Community service is often a requirement.** Some students are required to complete community service as part of a sports team requirement or to become a member of certain organizations, such as Honor Society or Sorority.

**Community Service is NOT:** Doing things you would already do to benefit family members, such as raking leaves or shoveling snow for your grandparents.

#### What Are Examples of Community Service?

There are hundreds of ways to participate in community service, depending on your skills and interests. Some common community service examples include:

**Working with schoolchildren:** Tutoring children after school, collecting school supplies to donate, planting a school garden.

**Working with senior citizens:** Visiting residents of a retirement center, delivering meals to senior citizens, driving them to appointments.

**Improving the environment:** Holding a recycling contest, planting trees, creating a new trail at a nature center.

**Helping low-income people:** Passing out food at a soup kitchen, collecting used clothes to be donated, making first aid kits for homeless shelters.

## On-Campus WSU Service Examples

- On-campus service is service that directly benefits Winona State University or is physically conducted on Winona State University's campus.
- Examples of on-campus service include but are not limited to:
  - Warrior Cupboard. You can help support the Warrior Cupboard by volunteering to run a fundraiser or food drive and other opportunities. (Contact the Director of Integrated Wellness at [wellness@winona.edu](mailto:wellness@winona.edu) to learn about what items are needed and how you can get involved.)
  - Winona State University's RE Initiative. Support survivors of gender-based violence and work to create a culture of respect and responsibility. (For more information regarding getting involved send an email to [lmikl@winona.edu](mailto:lmikl@winona.edu).)
  - Serving as an ambassador for WSU (For more information <http://studentclubs.winona.edu/ambassador/join/index.htm>)
  - On-campus events and leadership activities (For more information <https://www.winona.edu/sal/>)
  - Hours spent on unpaid tutoring can be counted as community service hours.

## Off-Campus Service

- Off-campus service is service that benefits entities in the Winona or Rochester community other than Winona State University such as non-profit organizations, local schools, community members, etc.
- Examples of off-campus service include but are not limited to:
  - Volunteering at the humane society
  - Serving as a reading buddy at an elementary school
  - Working at a food bank
  - Working at "Restored Blessings" in the Winona Mall <https://www.facebook.com/RestoredBlessingsWinona/>
  - Visiting the elderly members of a nursing home
  - Building a house with Habitat for Humanity
  - Sustainability/recycling efforts through the city or county. For more information about possible opportunities, contact John Howard <[jhoward@ci.winona.mn.us](mailto:jhoward@ci.winona.mn.us)> or Anne Morse [AMorse@co.winona.mn.us](mailto:AMorse@co.winona.mn.us)
- Off-campus service hours can be completed across the country and even internationally if you are a member of the military.
- Please note that time spent traveling to and from the service location cannot be counted as service hours.

## Civic Engagement

- Time spent promoting or campaigning for a political candidate/party/ideal can be counted as community service hours. **Hours spent campaigning for a relative or family member cannot be counted as community service hours**
- Voter registration drives can be counted as community service.
- Serving as an advocate for a social issue can be counted as community service.

## **Blood Drives**

- Donating or attempting to donate blood counts as one community service hour.
- Assisting with the functioning or marketing of a blood drive can be counted as community service.

### **How were you impacted by the Community Service?**

**Did the service provided change your feelings:** Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. For example, working with pets and other animals has also been shown to improve mood and reduce stress and anxiety.

**Did the service provided change your thoughts:** The more we give, the happier we feel as volunteering increases your self-confidence. For example, when you are doing good for others and the community, which provides a natural sense of accomplishment and the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

**Did the service provided change your relationships:** Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. For example, once you have momentum it's easier to branch out and make more friends and contacts.

**Did the service provided change your actions:** The more we give, the happier we feel, and the more we want to engage in that activity. For example, doing good for others and the community, provides a natural sense of accomplishment of actions. Your role as a volunteer can also give you a sense of pride which can permanently change your actions/behaviors.