

### **Extra Value Meals (100 Calories):**

Extra value meals are unique economic experiences within your local community. Specific requirements for each experience are not thoroughly outlined, but points will be EARNED in the effort, energy, commitment and integrity put into each experience. A brief outline of each experience is provided below. Prior to having the experience, you need to schedule a formal conference with me to discuss the logistics of it. In addition to each experience, you must provide a formal write up of the experience, as well as documentation of the experience itself (photographs, videos, etc.). Finally, you will create a presentation for your peers, offering some of the highlights.

Interview a banker – Visit a local bank and schedule an hour to sit down with one of their bankers. Questions might include details about their job, what got them into the profession, their experiences with monetary policy and interest rates, how the recession affected their bank, and the state of the economy today. Questions must be prewritten and discussed with me at your conference.

Write a city council member – Are there economic issues in your local community that need to be addressed? Research any economic issue and voice your concerns to your local city council. Letters must cover all aspects of the issue you have researched, as well as a proposal for change. You will be required to turn a copy of your letter into me before mailing.

Write your state or federal representative – Are there economic issues in the state of Washington or the United States that need to be addressed? Research any economic issue and voice your concerns to your state or federal representative. Letters must cover all aspects of the issue you have researched, as well as a proposal for change. You will be required to turn a copy of your letter into me before mailing.

Job shadow a financial advisor – Find a local financial advisor and schedule a day that you can shadow them. In addition to experiencing “a day in the life...” you should also find time within the day to interview them about their job and how they have been affected by the state of the economy in recent years.

Start a fundraiser – Is there an issue that is of particular interest to you? Would this issue be well served if there was money generated to support this issue? Start a fundraiser in your local community and donate the proceeds to a cause. This has to be more substantial than a car wash, bake sale, or go fund me. To earn the points, a student must go above and beyond in their passion and energy directed towards this (think about the “Ice Bucket Challenge.” Is there something that you can do that would make a legitimate difference?)

Experiencing foreign exchange rates – Traveling out of the country anytime soon? Document your experiences with foreign exchange (how and where did you exchange your currency, what was the exchange rate, what are the current economic conditions in each country that have determined the exchanges, what might cause them to change, etc.) and present your findings.

Attend an asset management and liability meeting at a local bank – See Marlis Peterson Spawn in Hurley Hall for details.

Fill out and file your own tax return – Do you have a job? Will you be doing your taxes this year? Fill out and file your Federal Income Tax Return and submit it to the IRS. You are not allowed to use Turbo Tax or H&R Block. This must be done by you! Remember, Tax Day is Tuesday, April 18!

Create a unique and innovative AP Macro lesson or classroom use – Are you tired of the way Mr. Seg teaches? Do you want to save future AP classes from the inevitable boredom they will undoubtedly experience? You have the chance! Create a lesson for any AP Macro topic. Lesson must include student outcomes, experiences and assessment. We will discuss further requirements during our conference.

**\*There are countless ways you can get involved in your local community. If you have other ideas, you are welcome to present them to me for approval. I encourage you to think outside the box and go above and beyond!**