

Introduction to Exercise Physiology EXCM 101
Service-Learning Experience
Spring 2018

Service-Learning Experience (SLE)

The Service-Learning Experience (SLE) is required for this course. Service-learning enables students to apply the lessons of textbook, classroom, and campus in our surrounding communities in ways that build the common good while growing your academic, social, civic, and vocational skills and knowledge. Service-learning, as a teaching and learning tool, is a dynamic response to the mission and values of Loyola University to serve humanity. This course partners with Chicago Public Schools (CPS) to support their LearnWell initiative. LearnWell was established by CPS in 2013 to encourage schools to develop and adopt strategies that promote health and wellness among CPS students and family members. Each school has been asked to meet criteria in nine areas including recess, physical activity, nutrition education, parent engagement, and celebration. Health and wellness work in schools reflects the growing awareness of physical and mental health and safety and academic performance. Loyola's Marcella Niehoff School of Nursing has developed a partnership with CPS to support LearnWell through the Health and Wellness Initiative. You will be placed in a school to help support various health and wellness activities, including but not limited to: PE classes, recess support, classroom health education, and after school programs (e.g. sports teams). You will be exposed to the lived experiences of students within the Chicago Public School system. As you engage with these students, their families and teachers and the school administrators, consider these questions: *How does the school approach health and wellness promotion? Who delivers, accesses, administers services? What works and what doesn't work? How does this compare/contrast to your own personal experience with health and wellness throughout your education? How does your experience connect to social justice?*

Please refer to your course syllabus for the specific SLE assignments.

SLE Matching Process

Students will complete a minimum of 20 hours during the semester at one of the pre-selected Chicago Public Schools listed in the grid below. You will be matched with a school based on your academic interests, professional goals, and schedule. This is an opportunity for you to gain a different perspective and have new experiences. An Experiential Learning representative will visit the class in the first week to talk more about the project and answer questions. Matches will be made using the information you provide on a google form. Follow these steps to complete the matching form:

1. Review the grid below and determine your TOP 3 choices based on your **interests and availability**. We will do our best to match you with a top choice but there is no guarantee.
2. Use this link to complete the matching form **by 8:30 AM on Friday, January 26th**: <https://goo.gl/forms/lGXx3nGqEDqQjHZQ2>

We ask that you begin the SLE by week 3 and that you serve throughout the semester on a regular basis (2-3 hours/week). You will receive an email with your confirmed organization from SONExperiential@luc.edu the week of January 29th. Read the email notice carefully for site information. Once your organization is confirmed you are expected to email your site contact within 3 business days to finalize your schedule and complete any required paperwork or orientation.

Service Requirements

Chicago Public Schools require each student fill out and application at <https://chicagopublicschools.civicore.com>. They also require you to be fingerprinted, which we will have on-campus Thursday January 25th from 9 am-1 pm and Monday January 29th from 12-4 pm in Damen Student Center room 114. You cannot be fingerprinted if you have not filled out the CPS application **IN ADVANCE**, they will then send you a document you need to bring with you to the fingerprinting. You will also need a government issued photo ID to be fingerprinted. If you show up without either of those you will be turned away and may have to get fingerprinted on your own time. Several sites will also require an orientation before you can start volunteering.

Documenting your SLE

Once confirmed, you are required to document your SLE by completing the following:

1. Complete the Service Learning Agreement found here:
<http://www.luc.edu/media/lucedu/experiential/pdfs/Service%20Learning%20Agreement%202017.pdf>. Submit the correct form to your instructor per the instructions in your course syllabus.
2. Enter your SLE in LOCUS. Refer to this document for step-by-step instructions:
<https://www.luc.edu/media/lucedu/experiential/LOCUS%20Tutorial09.07.17.pdf>.
3. Complete the Weekly Hours Log while you serve and submit it at the end of your service per instructions in your course syllabus. You can download the log here: <https://www.luc.edu/media/lucedu/experiential/service-learning/pdfs/Student%20Hours%20Log.pdf>.

Alternative SLE Policy

If a student has special circumstances that make it difficult to serve with a pre-identified community partner he or she can submit a request for an alternative SLE site. Each request will be evaluated and a final determination will be made by instructor based on the following criteria:

- The organization is community-based, non-profit or governmental agency;
- The experience is consistent with the SLE assignment outlined in your course syllabus;
- The SLE provides an opportunity to explore the questions listed in the first paragraph above; and
- Contact has been made with a commitment from the supervisor to provide the service opportunity.

An alternative SLE request must be submitted via email to SONExperiential@luc.edu no later than by 8:30 AM on Friday, January 26th. The request must consist of:

1. A written explanation of the special circumstance
2. A description of the proposed alternative SLE site
 - a. Name and description of the organization
 - b. Supervisor name, title and contact information
 - c. Description of your role and activities

Service-Learning Experience (SLE) Community Partners

School - Address	Community Partner	Opportunity #1	Opportunity #2	Opportunity #3	Transportation (from campus)
Agassiz 2851 N. Seminary	Jewish Community Centers	After-School Program M-F 3:00 - 6:00	Recess Support M-F 10:00 - 2:00		Red line to Belmont, walk ½ mile.
Alcott 2625 N Orchard	Jewish Community Centers	After-School Program M-F 3:00 - 6:00	Recess Support M-F 10:00 - 2:00		Red line to Fullerton, walk ½ mile.
Bateman 4220 N Richmond	Urban Initiatives	Recess Support M-F 10:20 - 1:10	After-School Soccer M,W 3:30-5:00 (begins 3/12)		Red line to Sheridan, Bus 80 to Francisco, walk ½ mile.
Goudy 5120 N Winthrop Ave		PE Support M-F 2:00-3:00	After-School Soccer T,W,Th 3-4:30 (begins 3/12)		Red line to Argyle, walk 2 blocks
Jahn 3149 N Wolcott	Urban Initiatives	Recess Support M-F 11 - 12:30	After-School Soccer M,W,F 3-4:15 (begins 3/12)		Red line to Belmont, Bus 77 to Wolcott.
Jordan 7414 N Wolcott		PE Support W & Th 10:15-11:15 (pre-K) M-F 11:15-12:15, 1-3	Recess Support M-F 10:30-1:00	After-School Soccer (Urban Initiatives) M, T, Th 3:00 - 4:30 (begins 3/12)	Red line to Howard, walk ½ mile.
Kilmer 6700 N Greenwood		Health Class Support M-F 10-12:15	PE Support M-F 10:00-12:15 and 1:00-4:00	After-School Programs M-F 4:00-5:00	Walk from LUC campus or Red line to Morse.
Ravenswood 4332 N Paulina	Urban Initiatives	Recess Support M-F 11:45-1:45			Red line to Sheridan, Bus 78 to Paulina.
Skinner North Classical 60 W. Scott St.	Jewish Community Centers	After-School Program M-F 3:00 - 6:00	Recess Support M-F 10:00 - 2:00		Red line to Clark and Division, walk ½ mile.
Swift 5900 N Winthrop	New Story Chicago	After-School Program Tues and Thurs 2:30 - 4:30			Walk from LUC campus or red line to Thorndale

Resources

Utilize the resources at your disposal early so you can get the most out of your SLE:

- School of Nursing Experiential Learning: SONExperiential@luc.edu | BVM Hall 800
- Center for Experiential Learning (CEL): <http://www.luc.edu/experiential> | Sullivan Center 295

Safety

Remember to practice safety precautions while traveling to and from your site, engaging in the community and serving at your organization. Here are some resources:

- Refer to resources on CEL's website about being safe when traveling to/from a site and while serving at a site: <https://www.luc.edu/media/lucedu/servicelearning/documents/Revised%20Safety%20Tips%20for%20Students.pdf>.
- Campus Safety's website also has tips in the community: http://www.luc.edu/safety/street_tips.html. Consider attending a safety forum this semester. Utilize the Campus Escort Service 8-RIDE
- Ask your site supervisor about safety policies and procedures regarding the neighborhood, facility and working with clients.
- Loyola has an incident report for you to report any problems or issues that occur through your service. You can access the report here: http://luc.edu/experiential/incident_report.shtml
- Loyola Wellness Center has medical, mental health and health education professionals committed to your well-being: 773-508-8883