**LEBANESE AMERICAN UNIVERSITY**

**USAID – HIGHER EDUCATION SCHOLARSHIP PROGRAM**

**HES - Volunteering Program Verification Form**

This form is to be used to document volunteering hours. If a student volunteers for multiple organizations, a separate form must be used for each organization. **This form must be turned in by the 28th of each month, the latest.**

I certify that the scholar Leen ghannam completed a total of 5 hours of service at InnovaThrive.

The hours were completed hours as per the below:

Hours # 0 (date) \_2/12 – 6/12\_ (initials of supervisor) \_\_A.K.\_\_\_

Hours # 0 (date) \_9/12 – 13/12\_ (initials of supervisor) \_\_A.K.\_\_\_

Hours # 5 date) \_16/12 – 20/12 (initials of supervisor) \_\_A.K.\_\_\_

Hours # 0 date) \_23/12 - 27/12 (initials of supervisor) \_\_A.K.\_\_\_

Brief description of the activities the scholar performed or participated in:

Research about “The Influence of Mindfulness Practices on Stress Reduction”

Written feedback about the scholar’s performance:

Leen’s research on mindfulness and stress reduction explored the beneficial effects of mindfulness practices, providing valuable insights into their potential for improving mental health and well-being.

Please rate the overall performance of the scholar at your organization:

|  |  |  |  |
| --- | --- | --- | --- |
|  | Mastery (5) | Proficient (3) | Emerging (1) |
| **Problem solver** | X |  |  |
| **Engaged & Committed** | X |  |  |
| **Open-minded & multicultural** | X |  |  |

Signature

& stamp

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Printed Name \_Andrew El Kahwaji\_

Date \_\_26/12/2024\_\_\_

Email \_\_andrew.lifesculptor.coo@gmail.com \_\_

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