

## **Affordable Things in Dallas**

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## **Analysis: City Year Dallas: Affordable Things to Do in Dallas**

### **Overview of City Year**

City Year Dallas is an AmeriCorps educational non-profit organization that brings a diverse set of individuals from the ages of 18-24 to serve a year of service. While the parent organization was formed in 1988, the Dallas affiliate has only been in the area since 2015. While many corps members do come from the DFW area, many are assigned to Dallas by the National organization or self-select to serve in Dallas. These corps members have little knowledge of the DFW area and some express frustration with their move to Dallas. These volunteers are paid a modest stipend (\$630 bi-weekly) during their year of service. As a result of their stipend, most corps members are eligible and opt into the state food assistance program, SNAP.

City Year serves historically marginalized student populations in economically disadvantaged schools with traditionally high dropout rates. Currently, City Year serves in three high schools, three middle schools, and an elementary School. A typical corps member serves on a team with 8-10 other corps members at one of these schools where they work full-time alongside certified classroom teachers as student success coaches. The focus of the corps members' work with students is on improving student attendance, behavior and coursework performance. As a student success coach, corps members mentor and tutor students, organize after-school activities and plan whole school enrichment activities.

### **Audience**

City Year AmeriCorps members are between the ages of 18-24. Corps members come from a highly diverse set of backgrounds. Most corps members are college graduates from four-year universities, however some corps members are joining the organization after graduating from high school or they are taking a gap year while in the process of completing their Bachelor's degree. Corps members are required to have a high school diploma. The organization has members that come from all over the country from locations as varied as New Hampshire, Washington, Mississippi, California and more. There are many corps members who are from the DFW area.

The typical corps member is highly educated, idealistic and self-motivated because the role requires them to be willing eager to work through a myriad of challenges. Because the majority of the corps comes right out of college or high school, the transition from being a student to the work world is already a difficult task and the challenges of the role can make this transition even more difficult. Moreover, there is the added difficulty of moving to a new City with a small budget can add stress to new corps members.

### **Purpose**

City Year has asked me to create a set of instructional materials based on the affordable things to do in the DFW area. Knowledge of the affordable things to do in Dallas should help corps

members still enjoy what the DFW has to offer even with their low stipend and help them deal with the challenges of their service year by utilizing these materials to practice self care. Instructional materials will come in the form of 45-minute presentation and a small booklet with suggested things to do.

### **Needs**

The surveys were taken of current and former City Year corps members asking “what advice would you give to a person moving to Dallas”, has suggested that finding hobbies outside of the “City Year Bubble” is a critical need.

### **The core problem(s) with the existing instructional design**

City Year has an extensive training program focused on the needs of the educational environment and professional development. Less attention is spending on the day to day needs for corps members. Some material about moving to Dallas can be found on the City Year Weebly website <https://cydallas.weebly.com/>. In a survey of the City Year members, 27 percent of non-local City Year members have felt that their move to Dallas was “difficult” or “very difficult.” Explicit instruction on what to do outside of the “City Year Bubble” may prove beneficial to corps members.

### **Expectations for learning**

- City Year corps members will learn about some professional organizations they can join in the DFW area
- City Year corps members will learn about affordable places to go in the DFW area
- City Year corps members will learn about hobbies they can do in the Dallas area

### **Course/Lesson Goals and Objectives – The instructional goals for the course/lesson**

- City Year corps members will learn about three professional organizations they can join in the DFW area
- City Year corps members will learn about three affordable places to go in the DFW area
- City Year corps members will learn about three hobbies they can do in the Dallas area

### **Course/Lesson Components – A description of media used in the course**

- A 45-minute lecture about things to do in the Dallas area during the first week of their service year.
- A booklet provided to corps members that may be accessed electronically that will be presented to them months before they start their service year.

### **List any environmental resources available to you**

City Year has a well-established email communication system for all City Year recruits as well as a website <https://cydallas.weebly.com/>. For the lecture, City Year has a large conference room

and a projector that can attach to a laptop with internet access. Many corps members are either from the DFW area or in their second year of service. They can add to the discussion of things to do in the area.

### **Timeline**

City Year members start their service year at the beginning of July every year. Their lecture will be provided during the first day of training. The booklet of “things to do in Dallas”, can be posted on the City Year website at the beginning of May.

Objectives for training can be reached during the first week of training. Evaluation can be taken in surveys taken in mid-year, December 2018, and end of year, June 2019 surveys.

## **Design Document: City Year Dallas: Affordable Things to Do in Dallas**

### **Overview of City Year**

City Year Dallas is an AmeriCorps educational non-profit organization that brings a diverse set of individuals from the ages of 18-24 to serve a year of service. While the parent organization was formed in 1988, the Dallas affiliate has only been in the area since 2015. While many corps members do come from the DFW area, many are assigned to Dallas by the National organization or self-select to serve in Dallas. These corps members have little knowledge of the DFW area and some express frustration with their move to Dallas. These volunteers are paid a modest stipend (\$630 bi-weekly) during their year of service. As a result of their stipend, most corps members are eligible and opt in to the state food assistance program, SNAP.

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members still enjoy what the DFW has to offer even with their low stipend and help them deal with the challenges of their service year by utilizing these materials to practice self care. Instructional materials will come in the form of 45-minute presentation and a small booklet with suggested things to do.

### **Challenges with the existing instructional design**

City Year has an extensive training program focused on the needs of the educational environment and professional development. Less attention is spent on the day-to-day needs for corps members. Some material about moving to Dallas can be found on the City Year Weebly website <https://cydallas.weebly.com/>. In a survey of the City Year members, 27 percent of non-local City Year members have felt that their move to Dallas was “difficult” or “very difficult.” Explicit instruction on what to do outside of the “City Year Bubble” may prove beneficial to corps members in the long run. Many corps members express concerns over burn out from the emotionally challenging work they commit to, and the modest stipend does not leave a lot of room for corps members to practice self care.

### **Expectations for learning**

- City Year Corps members that are unfamiliar with the DFW area will learn about affordable things to do in the Dallas area.

### **Course/Lesson Goals and Objectives – The instructional goals for the course/lesson**

1. City Year corps members will describe affordable things to do in the DFW area
  - 1.1. Identify affordable entertainment options
  - 1.2. Locate different social organizations found in the DFW area.
  - 1.3. Explain different options to further their education (locally or online)
  - 1.4. Recognize three different things to do as a creative outlet in the DFW area
  - 1.5. Identify three different things to do for athletic needs in the DFW area
2. City Year corps members create a plan for what they plan to do outside of work during their service year.
  - 2.1. Reflect on and then write down a set personal goals for activities outside of City Year
  - 2.2. Prepare a set of action steps to reach these goals
  - 2.3. Develop a timeline for when to try these activities
  - 2.4. Self-evaluate your set of goals over time
  - 2.5. Revise your goals during preplanned times of the year.

### **Learning Activities**

- A booklet provided to Corps members that may be accessed electronically that will be presented to them months before they start their service year. (1.1, 1.2, 1.3, 1.4, 1.5, 1.6)

- A 15-minute lecture about things to do in the Dallas area during the first week of their service year. (1.1, 1.2, 1.3, 1.4, 1.5, 1.6)
- A 5-10 minute session break out session where Dallas locals discuss area with Corps members new to Dallas, and discuss their goals. (1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3, 2.4, 2.5)
- A worksheet where Corps members write down their goals for the new year. (1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3, 2.4, 2.5)

### **Environmental resources**

City Year has a well-established email communication system for all City Year recruits as well as a website <https://cydallas.weebly.com/>. For the lecture, City Year has a large conference room and a projector that can attach to a laptop with internet access. Many Corps members are either from the DFW area or in their second year of service. They can add to the discussion of things to do in the area.

### **Timeline**

City Year members start their service year at the beginning of July every year. Their lecture will be provided during the first day of training. The booklet of “things to do in Dallas”, can be posted on the City Year website at the beginning of May.

Objectives for training can be reached during the first week of training. Evaluation can be taken in surveys taken in mid-year, December 2018, and end of year, June 2019 surveys.

### **Evaluation**

The primary form of evaluation for this instructional design piece will be a series of surveys.

- The first survey will take place before the lecture. Separate sections will be given to corps members that are from the area and those that are not. Non-local Corps members will answer questions designed to measure the amount of background knowledge about the Dallas and its surrounding areas. Local members will be asked questions about what they want to know about the Dallas area.
- The second survey will take place after the lecture. Separate sections will be given to corps members that are from the area and those that are not. Non-local Corps members will be asked about what they learned about Dallas and its surrounding areas. Local Corps members will be asked if there is anything that should be added to the presentation. These things can be added to future presentations.
- A third survey will be given around December to see what Corps members actually do in their time.

The first survey should show the actual background knowledge of non-local corps members before going into the corps. Should a strong background knowledge exist before the lecture, then possibly shorter instructional design might be needed. The second survey will show how

much information the Corps members feel they learned. The third survey shows if the Corps member actually applied the knowledge of what they were taught.

Should at least 30 percent of the Corps members say that they are involved with something outside of City Year, in the survey, it would be a very good assumption that the instructional design was successful. Should 30 percent of Corps members express an inability to find things in Dallas, then the instructional design would need more work.



## **Implementation and Evaluation: City Year: Things to Do in Dallas**

This training is intended to help City Year Dallas corps members find activities in the Dallas area. The material consists of a booklet which new corps members will have access to when they first are accepted into the organization. It also includes a one-hour presentation along with a set of PowerPoint slides which will be given during the first week of training. It also comes with several surveys both designed to gauge the effectiveness of the presentation and for adding new ideas for future trainings. Several test audiences have been used to test the implementation. This author is a member of the City Year Dallas Alumni Board and does intend to make this presentation this summer.

### **Implementation Strategy**

The booklet will be posted on the City Year webby, <https://cydallas.weebly.com/>, at the end of May 2018. The presentation of this project will take place on the week of July 23, the first week of the service year. The lecture will take place along a rotation of several training activities in the City Year Dallas offices. Thus, the presentation may take place 2-3 times. Audience sizes will be around forty corps members.

The presentation begins with a survey ([goo.gl/7K89vN](https://goo.gl/7K89vN)) that polls the knowledge the corps members have. After the survey, the first activity has corps members discuss with each other what they know about the Dallas area. The informational part of the presentation consists of eight slides about different activities City Year members have about affordable places and activities corps members can do in the Dallas area. Presenters should expect to have a lot of input from the audience because the audience has already been given the booklet with the information from the presentation already in it. The final activity is a guided worksheet that allows corps members to write down a timeline and goals. A final survey (<https://goo.gl/HoKhvR>) has been added to gauge the knowledge gained in the survey.

A third survey ([https://docs.google.com/forms/d/1vIBFFeYHCd\\_E0DoLspb76z6KWI-dQEtfIpfL\\_nrN0gQ/edit](https://docs.google.com/forms/d/1vIBFFeYHCd_E0DoLspb76z6KWI-dQEtfIpfL_nrN0gQ/edit)) will be given out at the end of the semester. The third survey will have a long checklist of places, created from the feedback from the original presentation, with things to do in Dallas. It is hoped that corps members will be encouraged to do more events because of it.

### **Evaluation**

Unfortunately, due to the time constraints of the project, the effectiveness of this lesson cannot truly be assessed. Several tools will be used to determine if this lesson is useful. One method is viewing the second survey results, the average from the question "As of this moment, how comfortable do you feel about your knowledge of the Dallas Fort Worth Area." Should the average increase by a point, then there is some indication that the intervention is

supported. The second tool to determine the effectiveness of the intervention is the third survey. Should 30 percent of the corps say they are involved with activities outside of City Year, then the instructional design may seem to be a success.

Test audiences for the project seem to like the presentation. According to Robyn Weiner, the client, “this all looks fantastic!” The booklet is “Super easy to navigate and understand” and that she feels “confident that this guide would have been easy to use even with [her initial] lack of familiarity with the city.” Even though she has lived in Dallas for several years now, she learned of “resources in there that [she] would maybe not have thought to seek out” However, because corps members are given the booklet well before the presentation, the lecture “may seem a little repetitive.”

The overwhelming response when showing it to test audiences is the desire to share additional knowledge of affordable things to do in Dallas. Because corps members from the area are also in the audience, this should be expected in the lecture. Time has been added to the lecture to account for these suggestions. The discussion itself should increase engagement in the lecture and prevent the presentation from being too “repetitive.”

### **Conclusions**

Should these instructional materials be successful, City Year corps members should be better at self-care. Corps members should be more effective at their job of educating students and help the organization lower turnover. While this training initially was aimed at new corps members, local corps members will benefit from the presentation. Should this presentation be effective its first, feedback from the surveys should be even more beneficial to future corps.

### **Job Aide- City Year Things to do in Dallas**

This material is intended to help City Year corps members find activities in the Dallas area. The material consists of a booklet which new corps members will have access to when they first are accepted into the organization. It also consists of a 45-minute presentation along with a set of PowerPoint slides which will be given at the beginning of a corps members first week. It also comes with several surveys both designed to gauge the effectiveness of the presentation and for adding new ideas for future presentations.

#### **Booklet**

The booklet is designed to be accessed on the City Year Dallas Weebly website, <https://cydallas.weebly.com/>.

#### **Presentation**

##### **Materials Needed**

- Copies of the booklet for every member of the audience
- Copies of the Worksheet
- Write down goals
- A computer and a digital projector a projector. Internet access is a plus.
- Corps members are encouraged to bring their smartphones to fill out their surveys.

##### **Location**

City Year Dallas Main Conference Room

##### **Possible Introduction (5-7 minutes)**

##### **Start with the 1<sup>st</sup> slide of the PowerPoint Presentation**

*Change to fit the need of the presenter and the time the presentation takes place.*

“Hello new City Year corps members! Welcome to Dallas. Please raise your hand, how many of you are from the Dallas area?”

Wait and see how many people raise their hand. Then list other locations with the same thing. For example “How many are from Texas?”

Suggested other locations to ask

- Texas
- East Coast
- From the South
- From the West coast
- International
- Out of college
- Out of High school

## **Change to 2<sup>nd</sup> slide of the PowerPoint Presentation**

“We are going to do a survey of the audience. Please take out your smartphone and go to this site: [goo.gl/7K89vN](https://goo.gl/7K89vN) . I am going to give you about 5 minutes to fill in the survey. If you have any questions please ask me. If you do not have a smart device, please ask your neighbor if you can use theirs.”

## **Overview (1-2 minutes)**

“When surveying former and corps members what was some advice they would give someone joining City Year, many have stated ‘you need to find friends outside of City Year’ and ‘you need to take care of yourself’. This is a very difficult job. Most of you are right out of high school and college. Even if you take out the fact that many if you are not from the area, and the fact that you aren’t paid very much, the first year out of school is difficult. Making friends with people your age was easy in school, but now, you have to work a little bit more at it. In the long run we know all of you are going to do amazing things both in and out of City Year, we thought we would try to give you some tips and to talk a little about Dallas.”

Emphasize:

“The information we present to you is not meant to be comprehensive. In fact, we intend for this presentation to be continuously added to and changed. This area has so much to offer, we couldn’t possibly go over every useful thing that can be found in the area. **We encourage people who know the area to add their input to the process.**”

## **First Activity (10 Minutes)**

### **3<sup>rd</sup> slide –**

As the slide says, this activity will have City Year members share what they know about the Dallas area, and what they want to know about the Dallas area. Give the group five minutes to discuss this. Then the audience will share what they know with the group.

## **Informational part of presentation (15-20 minutes)**

### **4<sup>th</sup> slide – Event Guides**

“Certainly the obvious place to look for stuff to do is Google, Yelp and Groupon. Here are some additional places to look for stuff.”

### **5<sup>th</sup> slide – Highlighted Events and Places**

“This section certainly can have a whole book written on it. However, here are some of our favorite things to do in the near the City Year Office.”

### **6<sup>th</sup> slide: Places to Wander Around**

“Again, this a far from a complete list. However, it is a good place to start when it comes to places to visit in Dallas”

#### **7<sup>th</sup> slide: Social Organizations**

“Your City Year friends are some of the most amazing people you will ever meet in your life. However, it is good to meet new people outside of the ‘City Year bubble’. Here are some places to meet new people”

#### **8<sup>th</sup> Slide- Meetup.com Categories**

“As you can see, meetup.com has many different groups of people for you to meet new people.”

Be sure to emphasize that City Year doesn’t endorse any faith.

#### **9<sup>h</sup> slide: Education**

“The City Year corps member is highly educated, and we love to learn. Here are some suggestions about where you can further our education during your service year, both formally and informally.”

#### **10<sup>th</sup> slide: Creative Outlets**

“While seemingly a business city, there are a lot of places for creative people in Dallas”

#### **11<sup>th</sup> slide: Exercise Options**

“Exercise is something that seems to go by the wayside when you get busy. There are a lot of things you can do in Dallas to stay active”.

#### **Goal Setting Section of the Lesson- (15-20 minutes)**

##### **12th Slide: Introduction to Goal Setting**

“Now all of the information in the world will not help you if you don’t make a plan. We are going to spend the next 15-20 minutes trying to set goals for our time outside of City Year next year. Please take out the worksheet that says \_\_\_\_\_”

##### **13th Slide: Goal Setting**

Either use onlinestopwatch.com for this or your smartphone to time out 5 minutes. Read what is on the PowerPoint.

“Quietly spend 5 minutes and reflect on and then write down a set personal goals for activities outside of City Year. Write these down.”

##### **14th Slide: Discussion**

This should take ~5 minutes.

“Discuss with a group of 2-3 people what you plan to do this year outside of City Year.”

**15th Slide: Action Steps**

This should take ~4-5 minutes

“Prepare a set of action steps to reach these goals Develop a timeline for when to try these activities”

**16th Slide: Taking photos of Plans**

This should take ~2 minutes. Take up the worksheets from the group. Try to keep worksheets to hand back to corps members around December.

“Take a photo of this worksheet, then hand it back to us. We will hand it back to you later in this year to see if you have accomplished these goals”

**17<sup>th</sup> slide: Survey**

“Again, this presentation is a work in progress. Please fill out this next survey with suggestions of places you would like to see in the future. Thank you for having me here, and have a great service year”

- <https://goo.gl/HoKhvR>



# Affordable Things to Do in the Dallas Area

Last Updated April 24, 2018

Welcome to the Big D! The DFW area has plethora of things to do that are a whole lot of fun and won't break your budget. Whether you are from halfway across the country or a native of Dallas for your entire life we hope this will help you make the most of your time in Dallas.





## Guides

Looking for concerts, restaurants, festivals, and new places to hang with friends can be difficult. Google, Yelp and Groupon are good places to start. Here are some local publications that also are good places to start looking.

**The Dallas Observer-** This free local paper lists of the major events in going on in Dallas during the week. You can stay up to date by subscribing to their weekly emails.



<http://www.dallasobserver.com/profile>

**Dallas Morning News: The Guide:** This Dallas Morning News guide is a great alternative to the observer. The paper version of it comes with the Friday Newspaper.

<https://www.guidelive.com/>

**D magazine:** Another alternative paper that has listings for events in the area.

<https://www.dmagazine.com/>

**Dallasites101-** This online guide “strive[s] to encourage fellow Dallasites to find a sense of place and joy in Dallas.”

<https://www.dallasites101.com/>

## Highlighted Events and Places

While this will never be a comprehensive list, here are some events that many corps members have enjoyed.

**The State Fair of Texas-** The State Fair of Texas, one of the largest and well attended in the nation, starts last Friday of September and lasts 24 days (September 28, 2018 to October 21, 2018). The fair has a large parade, several college football games, and hundreds of fun events to go to. Also, try the bizarre fried food you can buy at the fair including Twinkies, fruit loops and chicken noodle soup.

<https://bigtex.com/>



**Dallas Museum of Art:** Whether you love modern art or something more traditional, the Dallas Museum of Art has it all. Not only is the Dallas Museum of Art one of the largest in the nation, it also has free admission to most exhibits.

<https://www.dma.org/>

**Klyde Warren Park-** This park built, over an 8-lane highway, always has something going on. Whether it be a free concert, dancing or yoga you can always have a good time at this park.

<https://www.klydewarrenpark.org/Things-To-Do/index.html>

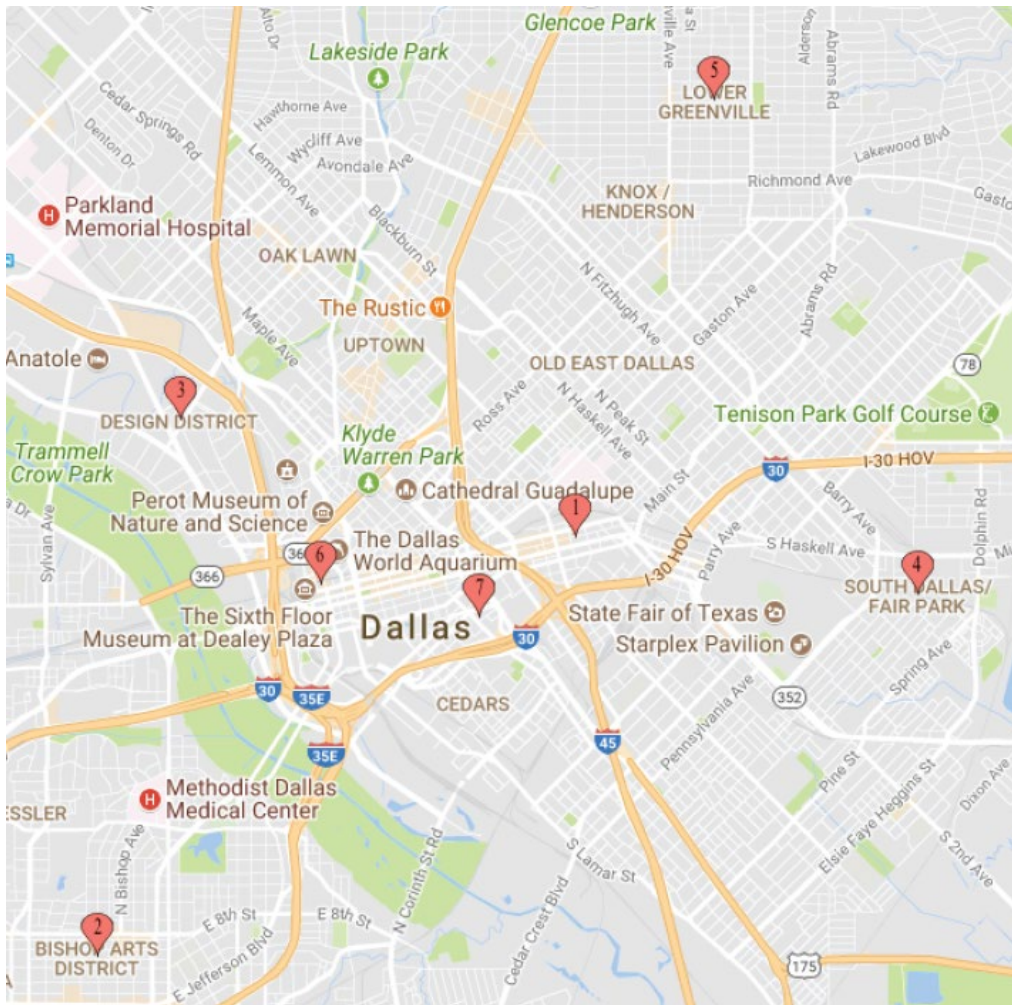


**M-Line Vintage Trolley-** This free trolley can take you from the Arts District, Uptown to Klyde Warren Park. Donations are appreciated but not mandatory.

<http://mata.org/>

**DART-** Want to go further? Remember City Year Dallas has a deal with the City Public Transportation system which can take you more places. Note that places along the light rail are pretty quick to get to. Places only on the bus routes take a bit longer

## Places to Wander Around



1. **Deep Ellum** –<http://deepellumtexas.com/>
2. **Bishop Arts District**- <http://www.bishopartsdistrict.com/home>
3. **Dallas Design District** <https://dallasdesigndistrict.com/>
4. **Fair Park** <https://www.10best.com/destinations/texas/dallas/fair-park/>
5. **Greenville Avenue** <http://www.dallasobserver.com/arts/your-guide-to-the-shops-on-lower-greenville-7091277>
6. **West End** <https://www.dallaswestend.org/>
7. **Dallas Farmers Market**- <https://dallasfarmersmarket.org/>

<https://www.mapcustomizer.com/map/Things%20To%20Do%20in%20Dallas>

### Parks

- Klyde Warren Park <https://www.klydewarrenpark.org/Things-To-Do/index.html>
- White Rock Lake
- Katy Trail <http://katytraildallas.org/map/>
- For more parks see <https://www.dallasparks.org/>

## Social Organizations

Meeting people outside the “City Year bubble” can seem difficult at times. Here are some ways to meet new friends.

**Meetup.com**- While not exclusive to Dallas, meetup.com is a good way to meet people with similar hobbies and interests. From anime clubs to photography, the site is the quickest ways to meet people with your eclectic set of set of interests.

<http://www.meetup.com/>

**Religious organizations**- While not for everyone, spending time in fellowship with people of faith can be a very rewarding. While City Year will not advocate any single place of worship, here are some sources that can help you find your place of worship.

- **Christian Churches** <http://www.usachurches.org/search/tx/dallas/>
- **Jewish Synagogues** <https://jewishdallas.org/home-page/get-involved/community/community-directory/local-congregations>
- **Islamic Mosques** <https://www.salatomic.com/sub/kpanEvSMHv>
- **Meditation centers** <http://dfw.cbslocal.com/top-lists/best-meditation-centers-in-the-dfw-area/>

**Toastmasters** – This international speaking organization has many chapters in the Dallas area. Learn how to speak in front of people and meet some great people too. <https://www.toastmasters.org/>

**City Year Alumni social events**- The City Year Dallas Alumni association organizes a few happy hours a year. Please join us.

## Education

As lifelong learners, finding ways to fill that need can be difficult. Thankfully Dallas has many ways to keep that passion going.

**Dallas Public Libraries-** Along with the books, movie and video collections, Dallas Public libraries they host several free events and services. Best of all, it is all free of charge.

<http://dallaslibrary2.org/>

**Dallas County Community Colleges-** College and high school graduates alike can find many community college classes stimulating. The seven campuses, community college system has many courses that you can take for enrichment or for credit both online and in the classroom. Please note, that for instate tuition, you must be a Texas resident for at least 12 consecutive months before gaining in-state residency.

**Massive open online courses (MOOC)-** MOOCs offer very affordable online classes. MOOCs offer courses from all over the globe. Many courses are free to audit, and cost a nominal fee for a certificate. You can learn about any topic you desire from programming in python to the science of happiness. Often students can audit classes for free. Earning certification for one's resume only costs a small fee. Here are some of the biggest MOOC websites:

- **edX-** <https://www.edx.org/>
- **Coursera** - <https://www.coursera.org/>
- **Kadenze** - <https://www.kadenze.com/>

## Creative Outlets

**The Dallas Comedy House-** This theatre not only has hilarious shows, but it has a training school where you can learn improv. Every Tuesday there is an open mic night and an improv jam.

<https://www.dallascomedyhouse.com/>

**ArtLoveMagic-** This art collective is a haven for painters, writers, poets and musicians.

<http://www.artlovemagic.com/>

**Community Theater** -There are several community theatres in Dallas. Many of them however are in the suburbs. <http://dfw.cbslocal.com/top-lists/how-to-get-involved-in-dfws-theater-community/>

**Dallas Makerspace** – The Dallas Makerspace, one of the largest in the world, has tools like 3D printers, laser cutters, or woodworking tools for people to make whatever they imagine. The non-profit organization has free classes. People have can access to these tools for a small membership fee.

<https://dallasmakerspace.org/>

## Exercise Options

Dallas Recreation Centers: Dallas has several recreation centers that cost a nominal fee.

<https://www.dallasparks.org/160/Recreation-Centers>

Also see parks in the Places to wander around section.

Dallas Running Club - One of the largest all volunteer running clubs in the nation. The Dallas Running Club membership includes several timed races including a half marathon for \$40. Training costs an additional fee.

<https://dallasrunningclub.com/>

Additional Running clubs can be found here:

<http://www.runguides.com/dallas/running-clubs>

Yoga on the Lawn- Free yoga at Klyde Warren Park “rain or shine” on Saturday.

## Additional Tips

Groupon has many good deals.

Most corps members interviewed have stated that they enjoy the people in Dallas. Sometimes the best thing to do is to call some friends up and do something.

## Image Credits

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Klyde Warren Park-

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### Things to Do in Dallas Worksheet

During the lecture, write down some things that interest you in the Dallas area.

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What are some personal goals you have outside of City Year during your service year?

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What are some action steps you can take to achieve these goals? When would they be completed?

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### Timeline Worksheet (Optional)

What are some things you can do this week to achieve these goals?

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By the end of the month, what would you like to have accomplished?

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By the end of the semester, what would you like to have accomplished?

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By the end of your service year, what would you like to have accomplished?

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