

# Student Service Learning in PGCPS

*Presented by:*

Doreen M. Hogans

Supervisor of School Counseling

PGCPS SSL Coordinator



# *What is Service Learning?*

**Service-Learning is a teaching method that combines meaningful service to the community with curriculum-based learning. Students improve their academic skills by applying what they learn in school to the real world; they then reflect on their experience to reinforce the link between their service and their learning.**



# *Why Service Learning?*

Its important that young people learn the value of giving back to the community. Together- we can restore values that have been taught to us by our forefathers. Together we can make a difference in our community and in the world.



# SSL in PGCPG

Per Maryland State Department of Education (MSDE)  
All students must earn a total of 75 hours in order to  
earn a high school diploma.

- Required number of hours: 75
- Infused hours: 54
- Independent hours: 24

# *INDEPENDENT HOURS*

Students may begin earning hours  
after completing 5th grade!



# *Middle School Students*

Effective SY 2022-2023

Middle School students are  
required required to earn 8  
hours of Service Learning  
Hours

# Project 24





# *What is Project 24?*

Middle and High School students now have the opportunity to earn SSL hours during the school day.

## *How will this be completed?*

Under the direction of a teacher, counselor or staff member-students will complete a variety of activities designed to support and enhance the school community.



Monica Goldson  
Chief Executive Officer  
14201 School Ln  
Upper Marlboro, MD 20772

Dear Ms. Goldson,

Do you know what body dysmorphia disorder is? BDD, for short, is when a person is extremely insecure about their appearance. Victims constantly criticize their bodies, seek reassurance, and try to change their appearance; to the point where they develop other mental disorders like depression or anxiety. Around 4.8% of teenagers suffer from BDD. Now, while that may seem like a low amount, most teens who have this disorder don't get diagnosed and often suffer in silence. A combination of BDD and depression is part of the reason why 1 in 6 Maryland teens consider suicide. I have prompt two solutions to this issue:

- Mental health tip jars: A jar in the school counselors' office where students can express themselves without judgment.
- Promote professional help: Provide students with information about certified behavioral therapy or psychotherapy centers.

BDD is often misunderstood as having low-self esteem, or a normal stage of puberty. This disorder, Ms. Goldson, exceeds low-self esteem, people with this disorder sometimes imagine body imperfections. As stated earlier, BDD can lead to more serious mental disorders like social anxiety. My solutions will give students easy and accessible ways to receive help. Body dysmorphic disorder has no cure, but there are resources out there to prevent those who suffer from feeling completely helpless.

# Examples

## Mental Health



**What is our mental health?**  
Mental health is the wellbeing of our psychological, emotional, and social health affecting our daily lives by how we think, act, and feel.

**STOP! Breathe in and breathe out. It's okay to relax. You matter. You are your first priority.**




**Examples:**

- Depression
- Anxiety
- Bipolar
- Schizophrenia
- OCD
- PTSD
- Autism
- Dementia



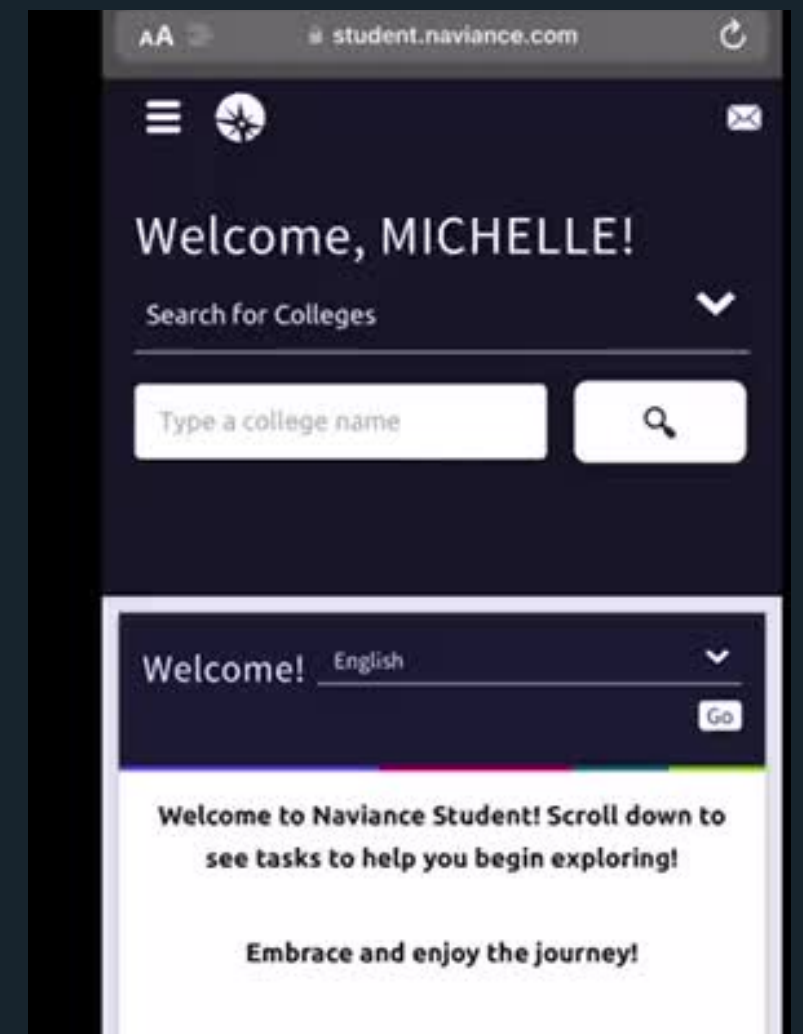

**HELP IS AVAILABLE**  
Please, if you're going through a difficult path in your life, don't keep everything in. Someone is listening. Call 1-800-273-7255

**WHAT CAN I DO?**

- Challenge your thoughts
- Share things
- Work on yourself
- Set goals
- Healthy Body
- Exercise
- Manage Stress
- Relax
- Talk to someone
- Sleep
- Eat




1 million people die each year due to suicide globally among the ages of 15-44 years.



# **Steps for Earning Independent Hours**

FIRST: (PREPARATION) Consider what activity you want to do or what specific organization you want to work with.

*SSL activities can be done with nonprofit, for-profit, tax-exempt, private, and faith-based organizations/facilities.*



# SSL and Church Activities

**Per MSDE students may not gain hours in any activity that is religious in nature. Community outreach events that the church may sponsor (i.e food pantry, afterschool tutoring) are permissible.**



# SSL and Church Activities

**Per MSDE students may not gain hours in any activity that is religious in nature. Community outreach events that the church may sponsor (i.e food pantry, afterschool tutoring) are permissible.**



**NEXT: (ACTION) If the organization and activities are:**

***Pre-Approved***

- Contact the organization and volunteer to serve.
- Participate in the SSL activity.

***Not Pre-Approved***

- Complete a Service Learning Site Approval Form and submit it to your SSL Coordinator for approval PRIOR TO BEGINNING service.
- Upon receiving approval from the SSL Coordinator, participate in the SSL activity

**Next: (REFLECTION)** Complete a SSL Verification Form to document service performed in the summer or within each semester service is done.

**Last: Turn completed Verification Form** into School-Based Service-Learning Coordinator by September 30 for summer service or by the end of each semester in which service is done for SSL hours to be reflected in SchoolMAX or on your official transcript.



# LINKS AND RESOURCES

PGCPS SSL RESOURCES

SSL FORMS & DOCUMENTS

Administrative Procedure for SSL  
AP 6151

# QUIZ TIME

**IS this a Service Learning  
Opportunity?**

10th grader Marie's church is offering a community afterschool program for students in grades K-3. They ask Marie to serve as a volunteer, leading the students in praise and worship every afternoon. Can Marie earn Service Hours for volunteering?

No

Mark is a junior and in need of service hours. His elderly neighbor ask for assistance with shoveling snow from the driveway. Instead of monetary payment, is Mark eligible to receive service hours?

No

Michelle is a 8th grade student. Michelle's church is having a community festival. Michelle volunteers to help distribute free bags of produce to attendants. Is Michelle eligible to receive service hours?

James has been asked to distribute flyers for his neighbor who is an elected official and running for reelection. Is James eligible to receive service hours for this activity?

No

# BONUS

Paul completed service hours in March of 2022. Its September of 2022 and Paul turns his hours to you.

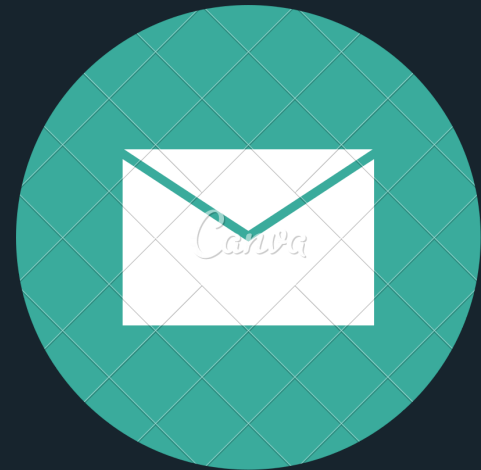
Is it too late?

Yes





*Questions?*



doreen.hogans@pgcps.org

