

Human Corps HuCor 396

Community Partnerships & Service Learning
MEC II, 654-2100
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Human Corps

The primary purpose of HCOR 396 is to give the student an academic incentive to perform 30 or more hours of volunteer community service at a non-profit, governmental, or community-based organization, including educational institutions. The student may earn up to 12 units of credit by retaking the course during subsequent quarters. HuCor 396 is offered on a credit /no credit basis only.

Prerequisites:

- GPA of 2.0 or above

Registration Process:

1. Student provides the following to the Community Service Programs Office (664-2100).
 - Human Corps Application
2. Community Service Office:
 - Verifies 2.0 GPA or above.
 - Provides syllabus for HuCor 396
 - Provides Volunteer Site List
3. Student and Community Service Programs office will determine a suitable placement. **Student is required to apply at the placement site for the position.** The student may suggest a placement site, but the site must be approved by the Community Service Office.
4. Student must submit the following to the Community Service Programs Office:
 - Completed Learning Plan
 - Completed Guidelines and Limitations
5. Community Service Programs office then enrolls student in HuCor 396.

Requirements for credit:

By the last regularly scheduled day of the quarter, submit the following to the Community Service Office:

- Applied Experience Paper** (see the attached description paper.)
- Journal:** Complete a journal entry for EACH time you work at the volunteer site. Your journal consists of your reflections, impressions, feelings, opinions, and questions. Keep your journal in a form that's easily turned in; it may be neatly handwritten or typed. We recommend you make your journal entry after each volunteer session so the experience is fresh in your mind.
- Time Log:** available from the Community Service office, will show that you have volunteered for 30 hours or more in an approved placement. Your supervisor at the placement must initial the time log each time you volunteer and sign the completed log at the end of your volunteer experience.

INFORMATION ABOUT CSUB HUMAN CORPS

Community Service Programs, 664-2100

What is the Human Corps?

A “Corps” is people acting together for a common purpose. In 1987, California Assembly Member John Vasconcellos created a program to promote volunteerism on university campuses. Known as the Human Corps, this legislative initiative assumes three things – that communities will be vastly improved if students regularly volunteer to serve others, that students have an obligation to help others who are less fortunate, and that students themselves will grow by taking on the responsibility of contributing to their communities through volunteering. At CSUB, Community Service Program helps students find placements, arranges, supervision for students earning units volunteering in HCOR 396 or PSYCH 396; and collects information about all students volunteers at CSUB, including those who do not want academic credit.

Who can volunteer?

Any CSUB student, at any level, and in any major, can volunteer, although a few of the placements have special requirements. You can earn credit or can volunteer without registering for credit; either way, the Community Service Program Office wants to work with you.

Why Volunteer?

You can learn about your community, its people, and their needs.

You can improve your resume for graduate school or jobs!

You can feel good about yourself by contributing!

You can make a real difference helping others!

It’s fun and interesting!

Where is your help needed?

Help is needed throughout your community! The Community Service Program Office keeps a list with dozens of request for volunteers. Stop by MEC 2 to find out about schools, recreation programs, mental or physical health settings, shelters, and programs for people of all ages and all life circumstances – the homeless, prisoners, the mentally ill, the aged, the educationally disadvantaged, victims of abuse—who need your help. We can help you find a placement. Members of CSUB student organizations may find that their volunteer efforts are eligible for Human Corps credit.

How are units earned?

You must register for HCOR 396 or PSYCH 396 for one unit per quarter, graded Credit/ No Credit. We will give you a course syllabus detailing all requirements. You must complete 30 hours of volunteering. Keep a journal, have a time log validated by your supervisor, and write a two-page paper summarizing your experience as a volunteer. You can earn up to 12 units toward graduation.

**You can combine your education with helping your community and growing as a person by
volunteering to be a member of the CSUB Human Corps!**

Applied Experience Paper

HuCor 396

In a paper that should be **no less than two pages**, address the following five points:

1. Background and Assessment of the experience

Provide a brief overview of your typical activities in the applied experience.

What activities were most beneficial for your education and/or career goals?

What changes would you recommend for the experience to be more beneficial to you and/or other students?

2. Self-understanding Goal: To understand oneself.

What did your experience tell you about your suitability for work in the area of your applied experience? Explain.

What else of importance did you learn about yourself from the experience?

3. Interpersonal Skills Goal: To work effectively with others.

Describe in what ways your experience involved working with others. Provide evidence or examples from your experiences about the quality of your interactions with others.

When interacting with others, what did you do well or not so well? Are there areas that you need to work on? Explain. (When appropriate, you may want to solicit and provide feedback from your sponsor or site supervisor about the quality of your work with others.)

4. Cultural Awareness Goal: To understand and be aware of differences among people.

If you worked with those who differ from you in such areas as gender, age, ethnicity, culture, sexual orientation, or physical/emotional/cognitive abilities, describe those differences and what you learned from your interactions.

5. Ethics Goal: To understand and apply ethical principles.

What ethical concerns arose from your applied experience?

How did you resolve any ethical conflicts or situation?