



Service Outreach Activity

Proof of Hours Worked and Reflection Sheet

Note: To be used by Freshmen, Sophomores & Juniors Only

Directions: In order to get credit for completing any service outreach hours, you must provide LHS with these two things: proof of hours served by obtaining the signature of the person in charge of your activity and a reflection about your experience. Complete this form and return it to your religion teacher as soon as possible following your participation (one sheet per activity).

Student's Name: _____ Date of Participation: _____

Name of Organization and Service Performed: _____

Category (check one): _____ Community _____ School _____ Church

To be Completed by Onsite Supervisor

The above-named student completed _____ hours of service on the date indicated. To my knowledge, the student (mark one) _____ met, _____ exceeded, _____ failed to meet the requirements of the job.

Supervisor's Signature: _____ Day Phone: _____

Comments (if any): _____

Reflection – To be Completed by Student

1. How did you find out about this opportunity? _____

2. To what extent do you feel you truly helped the organization/people served? (circle one)
A great deal a fair amount very little not at all

3. Did you face any challenges or frustrations during your placement? ___ Yes ___ No
If yes, please describe: _____

4. Why was this activity worthwhile, or why was it NOT worthwhile? _____

5. What did you learn by participating in this activity? _____

6. Would you recommend this activity to another LHS student (why/why not)? _____
