

Sample of Virtual Service-Learning Projects

Before beginning a project, you **must get approval from the Office of Continuing Education and Service-Learning**

Projects below have been adapted by Dr. Rory L. Bedford in response to the COVID-19 pandemic to maximize protection of the faculty, students, and the people we serve. After completing a project, students are required to write a reflection paragraph about what they learned from the experience and how they feel that the project helped others. When registering a project use the number associated with the project rather than the name.

1. Read information provided by the **Centers for Disease Control and Prevention (CDC)** regarding COVID-19 – “How to Protect Yourself and Others”. Share the information you have learned with family members and others by using email, Zoom, telephone calls, facebook or other electronic methods. Keep a log of your contacts and write a summary of the reactions you receive from those you contacted. Link to CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
2. Read information provided by the **Louisiana Department of Health (LDH)** COVID-19 “Testing Sites”. Share the information you have learned with family members and others by using email, Zoom, telephone calls, facebook or other electronic methods. Keep a log of your contacts and write a summary of the reactions you receive from those you contacted. Link to LDH website: <https://ldh.la.gov/index.cfm/page/3934>
3. Using Zoom or some other electronic delivery demonstrate the proper way to wash your hands to kill germs and viruses. Share this information with at least 20 people. Keep a log of your contacts and write a summary of the reactions you receive from those you contacted. The example that can be accessed at the following link can assist you with this task. <https://youtu.be/d914EnpU4Fo>
4. Using Zoom or some other electronic delivery demonstrate the proper way to wear a mask and the best mask to purchase to minimize transporting germs and viruses. Share this information with at least 20 people. Keep a log of your contacts and write a summary of the reactions you receive from those you contacted. The example that can be accessed at the following links can assist you with this task.
<https://www.facebook.com/CDC/videos/how-to-wear-a-mask/296798244742224/>
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-face-masks-what-you-need-to-know>
5. January is National Blood Donor Month. Using the link below develop a project supporting National Blood Donor Month. Please note it is not permissible to ask students to donate money to this or any other cause. Students can raise awareness and educate. However, they are not allowed to donate in order to receive service-learning credit. The example that can be accessed at the following link can assist you with this task. <https://www.few.org/national-blood-donor-month/>

6. January is National Birth Defects Prevention Month. Using the link below develop a project supporting National Birth Defects Prevention Month. Please note it is not permissible to ask students to donate money to this or any other cause. Students can raise awareness and educate. However, they are not allowed to donate in order to receive service-learning credit. The example that can be accessed at the following link can assist you with this task.
<https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/preventing-and-treating-birth-defects-what-you-need-to-know>
7. February is American Heart Month. Using the link below develop a project supporting American Heart Month. Please note it is not permissible to ask students to donate money to this or any other cause. Students can raise awareness and educate. However, they are not allowed to donate in order to receive service-learning credit. The example that can be accessed at the following link can assist you with this task.
<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month>
However, a great project is to organize a group of Facebook friends who will wear red on National Wear Red Day to raise awareness about heart disease. In addition, change your profile photo to represent American Heart Month or post information to get others to support American Heart Month.
8. February is Black History Month. The national theme for 2021 is **The Black Family: Representation, Identity, and Diversity**. Conduct research about the Black Family as it relates to representation, identity or diversity. Share your information with others via email or Zoom conferencing.
9. February is National Cancer Prevention Month. Using the link below develop a project supporting National Cancer Prevention Month. Please note it is not permissible to ask students to donate money to this or any other cause. Students can raise awareness and educate. However, they are not allowed to donate in order to receive service-learning credit. The example that can be accessed at the following link can assist you with this task. <https://www.aicr.org/cancer-prevention/>
10. March is Women's History Month. Conduct research about women role models and email a copy of your research to 10 young ladies to inspire them to reach their goals. As a special part of this assignment, it would be good to send women in science to young girls who want to be scientists, women in education to young girls who want to be educators, etc. This project can be adapted to fit young men as well.
11. April is National Minority Health Month. Share information about minority health issues with others. Using the link below develop a project supporting National Minority Health Month. Please note it is not permissible to ask students to donate money to this or any other cause. Students can raise awareness and educate. However, they are not allowed to donate in order to receive service-learning credit. The example that can be accessed at the following link can assist you with this task.
<https://www.nimhd.nih.gov/programs/edu-training/nmhm/>

12. May is American Stroke Awareness Month. Conduction research on stroke prevention and share your information with senior citizens.
13. June is Alzheimer's and Brain Awareness Month. Use the link below to learn more about Alzheimer. Organize a group of Facebook friends who will wear purple on a select day to raise awareness about Alzheimer. In addition, change your profile photo to represent Alzheimer's and Brain Awareness Month or post information to get others to support Alzheimer's and Brain Awareness Month. <https://www.alz.org/abam/overview.asp>
14. July is Juvenile Arthritis Awareness Month. Share the information that can be accessed at the following link with 20 individuals to spread awareness about juvenile arthritis. <https://curearthritis.org/cure-arthritis-infographic/>
15. August is National Immunization Awareness Month. Using the link below develop a project supporting National Immunization Awareness month. Please note it is not permissible to ask students to donate to this or any other cause. Students can raise awareness and educate. However, they are not allowed to donate in order to receive service-learning credit. The example that can be accessed at the following link can assist you with this task. <https://www.cdc.gov/vaccines/events/niam/index.html>
16. September is National Sickle Cell Awareness Month. Using the link below develop a project supporting National Sickle Cell Awareness month. Please note it is not permissible to ask students to donate to this or any other cause. Students can raise awareness and educate. However, they are not allowed to donate in order to receive service-learning credit. The example that can be accessed at the following link can assist you with this task. <https://www.nationwidechildrens.org/specialties/hematology/sickle-cell-awareness-month#:~:text=September%20is%20Sickle%20Cell%20Awareness,usually%20does%20not%20cause%20illness.>
17. October is Breast Cancer Awareness Month. Using the link below develop a project supporting Breast Cancer Awareness month. Please note it is not permissible to ask students to donate to this or any other cause. Students can raise awareness and educate. However, they are not allowed to donate in order to receive service-learning credit. The example that can be accessed at the following link can assist you with this task. <https://www.nationalbreastcancer.org/breast-cancer-awareness-month>
18. October is Domestic Violence Awareness Month. Using Facebook or Twitter, place the Domestic Violence Hotline telephone number on your page for 31 days during the month of October. Keep a record of the number of people you are able to convince to post the number to their page. The number to the hotline is 1-800-799-7233. Please Google and verify this number in the event it changes after the date this information is posted.
19. November is Men's Health Awareness Month. Take part in promoting Men's Health Awareness by growing a mustache or beard and explaining to 20 people via an electronic device why you are growing a beard or mustache. Encourage them to share the importance of Men's health awareness with others. "Grow a Mo and Save a Bro". Take

a before and after photo and email it to one of the staff members in the Office of Continuing Education and Service-Learning as evidence of participation.

20. November is Men's Health Awareness Month. "Move for Men". Challenge relatives, friends and colleagues to run or walk 60 miles over the month of November for the 60 men we lose to suicide each hour, every hour across the nation. Keep a list and mileage log of the people who accept the challenge. This is a great service-learning project for a class or group that raises awareness about an important issue.
21. December is Drunk/Drugged/Impaired Driving Awareness Month. According to the American Public Health Association, the period between Thanksgiving and New Year's is what is referred to by the National Association of Drug Court Professionals as "one of the deadliest and most dangerous times on America's roadways due to an increase in impaired driving." Using the link below develop a project supporting Drunk/Drugged/Impaired Driving Awareness month. Please note it is not permissible to ask students to donate to this or any other cause. Students can raise awareness and educate. However, they are not allowed to donate in order to receive service-learning credit. The example that can be accessed at the following link can assist you with this task.
<https://www.madd.org/december-is-national-impaired-driving-prevention-month/>
22. For months, people in nursing homes and assisted living facilities have been unable to visit with their relatives. Coordinate with the administration of a nursing home or assisted living facility to schedule weekly or monthly Facetime calls from mobile devices to cheer up the elderly. (excellent class project)
23. **"Adopt a Frontline Worker"** Select a doctor, nurse, retail worker or other frontline worker. Adopt the individual(s) and send them weekly emails or text messages to motivate them to continue serving or thank them for their service.
24. Research health disparities in a particular part of the state or the region. For example a high infant mortality rate among a particular ethnic group, a high rate of breast cancer in a particular parish or county, etc. Develop a document that can be shared with an organization, school or agency.
25. Start a club that promotes peace and tolerance. Organize a group of people who meet virtually to discuss and implement measures that can promote peace and tolerance on a university campus, in a community, etc.
26. Conducting virtual or phone-based educational supports for youth and adults. Volunteer your services as a tutor for students who need help with academic work or social skills. Tutoring should be done virtually using Zoom or other internet methods. If students are under age 18, parental permission must be obtained prior to beginning the project. Parents must also be present during tutoring sessions for persons under 18 years old.
27. Create a week of menus that can feed a family of 4 using only \$20 per day. Share your recommendations with at least 5 families. Be sure to include breakfast, lunch and dinner.

28. Help someone develop an evacuation plan from their dormitory or home. The plan should include a bag that is packed with essentials for a week and ready to grab. Be sure to include in the plan at least 2 places where the individual can go for shelter and 2 different routes to leave the area for safety.
<https://www.iii.org/article/preparing-effective-evacuation-plan>
29. Substance Abuse and Mental Health Services are essential to those in need of assistance. Using Facebook or Twitter, place the SAMHSA's National Helpline number – 1-800-662-HELP (4357) on your page for 30 days. Keep a record of the number of people you are able to convince to post the number to their page. Please Google and verify this telephone number in the event it changes after the date this information is posted.
30. Speak to the manager of a tree farm or local store about donating Christmas trees to nursing homes, hospitals, or to families who can't afford to buy their own.
31. Coordinate a virtual voter registration drive.
32. Organize a virtual reading hour for children using Zoom or another learning system. At the end of the hour, each child will discuss what he or she learned.
33. Volunteer to mow an elderly neighbor's lawn.
34. Volunteer to rake leaves, shovel snow, or wash windows for a senior citizen.
35. Volunteer to clean up a local park or campus area.
36. Plant a tree for Arbor Day. (Celebrated on the last Friday in April)
37. Collect grocery coupons to give to needy people.
38. Write letters to servicemen and women to thank them for their service.
39. Develop and coordinate a neighborhood watch program. This can be done on a campus or in a neighborhood.
40. Volunteer to set up and manage a social media account for a local nonprofit.

Access the Service-Learning Packet for **Faculty at the link below.**

<https://www.gram.edu/offices/service-learning/Application%20for%20Service-Learning%20Course%20Designation.pdf>

Access the Service-Learning Volunteer Form for **Student Projects not linked to a class at the link below.**

<https://www.gram.edu/offices/service-learning/docs/Revised%20Service%20Learning%20Volunteer%20Form%2010%2016.pdf>