

**POWERS CATHOLIC HIGH SCHOOL  
1505 W. Court St.  
Flint, Michigan 48503**

**Sophomore Service Hour Form**

Name: \_\_\_\_\_

Area of Service: **Church**    **PCHS**    **Catholic Charities/NESK**  
(Circle One)    **St. Luke's New Life Center**    **Non-Profit**    **Service Based Organization**

Service Provided: \_\_\_\_\_

Date of Event: \_\_\_\_\_

**To be filled out by a volunteer coordinator:**

This document confirms that \_\_\_\_\_ has completed a total of \_\_\_\_\_ hours of Christian service

\_\_\_\_\_  
Authorized Signature

\_\_\_\_\_  
Date

Contact Name: \_\_\_\_\_

Contact phone #: \_\_\_\_\_

Comments: \_\_\_\_\_

This form should be signed by the authorized adult at the time the service is performed. Forms will not be accepted without a signature. Please submit form to the Service Hour Station in the library when completed.

## Service Hour Requirements:

☐ **Freshmen** - 10 hours per year to be done at Church, Powers Catholic, Catholic Charities/NESK, or St. Luke's NEW Life Center

☐ **Sophomores**- 10 hours per year to be done at Church, Powers Catholic, Catholic Charities/NESK, St. Luke's NEW Life Center, any Non-Profit Organization, or Any Service Organization (i.e. nursing homes, schools, etc.)

☐ **Juniors** - 10 hours per year to be done at Church, Powers Catholic, Catholic Charities/NESK, St. Luke's NEW Life Center, any Non-Profit Organization, or Any Service Organization (i.e. nursing homes, schools, etc.) (effective until 2022 then Capstone Service Day will be added)

☐ **Seniors** will complete their Capstone service project.

**Now that you have completed your service hours, you are ready to reflect on your experience. This must be a well thought out paragraph (6-8 sentences minimum). Include specific examples from your service experience.**

- ❖ Explain why you chose to do the project(s) that you did and include what individual or community need were you attempting to meet?
- ❖ What thoughts or feelings did you have BEFORE doing your service? Why?
- ❖ What did you actually do? What were your responsibilities? How did this help the organization?
- ❖ What parts were difficult, challenging or uncomfortable? Why?
- ❖ How did you encounter the presence of Christ in this service opportunity?