



Community Engagement Opportunities (CEO) Program Participation Guide



CEO is open to a limited number of residents via sign-up with the Coordinator of Residential Programs (CRP), who will monitor participants' progress through the year. The \$75/month rent scholarship is dependent on completion of community engagement / personal enrichment activities according to the point system guidelines below.

- ◆ Participants must earn **500 points by May 15** of the lease year, unless an extension is worked out with the CRP.
- ◆ Of these 500, a participant must earn at least **250pts by December 15**. You may earn more, but cannot finish entirely in fall: you must earn at least 100 points (1 hr. in each category) in the winter/spring (Jan. 1—May 15) regardless of existing points.
- ◆ Participants with fewer than the required points by these dates will lose scholarships until caught up.
- ◆ Participants with fewer than 100pts by Dec. 15 will be discontinued, and **may be asked to repay given scholarship credit**.
- ◆ Participants must do **at least one activity in each of the four categories below, during each calendar year**. Many activities may overlap multiple categories; you and/or the CRP may decide how to count those.
- ◆ These guidelines are examples; they are not restrictive. If there is an unlisted activity you want to pursue for CEO points, you simply need to get approval from the CRP and agree on how to count it.
- ◆ Once you've done an activity, you have until the end of that month to report it to the CRP via the Google Form provided.
- ◆ **Point values: 30m-1.5hrs = 25pts || 2hrs = 50pts || 3hrs = 75pts || 4+hrs = 100pts || Limit 100pts per activity.**

Community:

- Have coffee / tea with a resident you don't know
- Attend Afternoon Tea or Community Dinner and chat with someone new
- Attend a Pres House Apartments-hosted event, like Welcome Pizza and Ice Cream
- Support fellow scholarship residents! Attend a building-wide event hosted by one of the Micro-Communities
- Plan a bonding event for your floor, neighbors, etc.
- Do a CEO activity in any other category with 2+ other residents along to share the experience
- *Another activity that builds relationships with the broader Pres House Apartments community*

Learning:

- Attend a lecture, presentation, or cultural event at Pres House (Apartments or church)
- Attend a nonrequired lecture, talk, or presentation
- Take a class to learn a new skill, or take up a new hobby (sailing, pottery, dance, tai kwon do, rock climbing, etc.)
- Attend a fine arts performance (theater, dance, opera, music), art exhibit, or some other cultural event
- Go to a museum you haven't been to before
- Organize an event where residents teach each other new skills and hobbies
- *Any activity in which you are enriched by learning new skills / ideas / disciplines*

Service:

- Help set up and clean up for Community Dinner
- Write about a CEO experience for the Pres House blog
- Volunteer at a food pantry or soup kitchen
- Volunteer with a non-profit, like Habitat for Humanity
- Undertake a regular volunteer commitment, like Badger Volunteers
- Go on a service trip over break, like the Pres House Break with a Purpose trip
- Organize a meal giveaway to people in need on State Street
- *Other altruistic service work or volunteering*

Wellness / Spiritual Exploration:

- Do a regular workout / exercise routine
- Practice a martial art, Tai Chi, yoga...
- Learn more about a religion by visiting a community group or event, or talking with friends of different faiths
- Attend a workshop or talk focused on wellness, personal health, spirituality, or discerning core values
- Take a cooking or nutrition class
- Join a mindfulness / meditation / spiritual practice or develop your own
- Walk the Pres House labyrinth during finals
- *Other practices that intentionally develop your own holistic well-being of body, mind, and spirit*