



C.E.O. Program Participation Guide



Updated for COVID-19 pandemic safety

Community Engagement Opportunities (CEO) offers a \$75/month rent scholarship for completion of community engagement & personal enrichment activities according to the guidelines below. The Coordinator of Residential Programs (CRP) monitors participants' progress through the year and holds periodic check-in meetings.

- ◆ Participants choose their own enrichment activities, using the examples below as a guide, and submit their activities using the "Activity Log" form shared by the CRP. Activities must be logged by the end of the month in which they occur.
- ◆ Activity durations earn points as follows: 1 hour = 25pts || 2hrs = 50pts || 3hrs = 75pts || 4+ hours = 100pts
- ◆ No more than 100 points total may be earned for a single submission, or a recurring activity logged multiple times.
- ◆ **Participants must earn a total of 500 points by May 15 of the lease year (20 hours),** unless an extension is granted.
- ◆ Of these 500, participants must have **at least 250 points by December 15.** *You may earn more; see note below.*
- ◆ Participants who do not meet these deadlines will lose scholarships until they have caught up. Participants with fewer than 100pts by Dec. 15, or fewer than 300pts by May 15, will be discontinued, and may be asked to repay scholarship credit.
- ◆ Participants must earn **at least 25 pts in each of the four categories below, during each half of the lease year: Aug. 16—Dec. 15 (fall) and Jan. 1—May 15 (spring).** Remaining points may be earned in any category/ies.
- ◆ *Note: **earning 25 pts in each category during both fall and spring is required regardless of total points.** For example, if you have 475 points as of Jan. 1, you will still need to log 100 points in the spring, even though the total of 575 will exceed 500.*

Community:

- Get to know a PH resident from a different apartment through a socially distanced walk, chat, or video call
- Organize an intentional group meal or pandemic-safe bonding activity with your roommates
- Have a phone/video chat of 1 hour or more with a friend or group you haven't caught up with in a while
- Do a CEO activity in any other category with other PH residents to share the experience
- *Any such activity that allows you time out of your busy schedule to connect / stay connected, in a deep and meaningful way, with the people in your life*

Service & Civic Engagement:

- Volunteer with a community or campus organization
- Offer free tutoring or babysitting, virtually or in person
- Help with a meal / supplies giveaway to people in need
- Volunteer as an election poll worker, do political organizing, or advocacy work with a marginalized community
- Volunteer online for a citizen science project (check out Zooniverse.org), or citizen archivist (National Archives)
- Keep a lonely elderly person company via technology
- *Any such service, volunteering, or civic engagement work that gives your time freely (without pay)*

Learning:

- Attend (or watch online) a lecture, presentation, or cultural event voluntarily (not required)
- Learn a new skill, or take up a new hobby (pottery, dance, guitar, embroidery, taekwondo, rock climbing, etc.)
- Read an informative book or view a documentary
- Attend (or view online) a fine arts performance (play, opera, concert, dance show, etc.), art exhibit, or museum exhibition
- *Any such activity in which you learn new skills / ideas / disciplines not required by any of your other commitments*

Wellness & Spiritual Exploration:

- Do a workout (preferably outside your usual routine, if you work out regularly), yoga, or martial art
- Go on a walk through nature, boating, or biking
- Engage in a meditation or mindfulness practice
- Practice new cooking skills or learning about food
- Explore or deepen spirituality by attending or viewing a service or religious group, or doing a spiritual practice
- Walk the Pres House chapel labyrinth during finals
- *Any such practice that intentionally improves your own holistic well-being of body, mind, and spirit*

C.E.O. Challenge Checklist

For an added layer of getting the most out of your CEO scholarship experience, see if you can check off all the goals below through your activities this year!

Completion of the Challenge Checklist does *not* affect your scholarship standing. These are simply optional goals that emphasize the mission of CEO: incentivizing you to build an intentional, well-rounded life.

Additionally, you'll reflect on these prompts for the CEO year-end survey in May. Checking on these goals from time to time, and jotting down your experiences as the year goes on, will make the year-end reflection faster and more meaningful.



Tried something I normally wouldn't have done

Activity: _____



Connected with someone from a different background than mine

Activity: _____



Learned more about a culture different from mine

Activity: _____



Focused on improving my mental / emotional / spiritual health

Activity: _____



Focused on improving my physical / sleep / nutrition health

Activity: _____



Started a new positive habit or wellness practice that I've since continued

Activity: _____



Had a chance to reflect on my career / life goals

Activity: _____



Had a chance to reflect on my core values

Activity: _____



Used my talents or skills to give back to the wider community

Activity: _____



Learned a new life skill

Activity: _____

Points Progress Planner

Your CEO experience will be especially stress-free if you stay on a steady track to earn the required points. The best thing about CEO is how much you can set your own pace—so it’s worth considering what that ideal pace is for you.

Here are two estimated point progressions common among CEO participants. One simply aims to meet the required deadlines; the other front-loads your points, to lighten your work in the spring. (Remember you’ll need to earn 100 points—25 in each category—in the spring no matter what, so earning above 400 in December is impressive, but just bonus points!) You might follow one of these and avoid stressing about points last-minute, or simply reference them to help decide what makes sense for your year ahead!

