

Kapcc Service & Sustainability Learning Reflection Journal Worksheet

Central course concept or theory (Name the concept or theory and define it, citing the source whenever possible)	Activities you applied this concept or theory to	Application of concept or theory to the community/ real world (ex., responding to societal issue or challenge)
→		→
→		→
→		→
→		→
→		→

Complete pages 8-9, 16-17, and 20-23 in your Reflection Journal. Use table below:

Service-Learning activity you engaged in	Purpose of this activity <i>Refer to pp. 8-9</i> <i>You might also consider thinking about the purpose from the perspective of your S-L course.</i>	How does it relate to services the organization provides? <i>Refer to pp. 8-9</i>	A challenge, issue or problem in your service community that this activity addresses <i>Refer to pp. 16-17</i>	Impact of the activity on individuals or community served – who are community stakeholders this affects? <i>Refer to pp. 16-17</i>	Indicate how this activity relates to Diversity (D), Equity (E), Health (H), Sustainability (S) <i>Refer to pp. 20-23</i>
EXAMPLE:					
<i>Pulling weeds from the garden</i>	<i>Making space for plants to grow, preventing weeds from out-competing desired plants. Avoid use of toxic pesticides and herbicides.</i>	<i>The sensory garden is meant to be functional, aesthetically pleasing, and grown organically so that all residents and students may enjoy interacting with the garden and its inhabitants.</i>	<i>Eradicating weeds is not an easy task, especially when we try to cultivate plants that are native or growing from seed. Often times, people will use high-powered machines, pesticides or herbicides which will exterminate all plants they come into contact with while also exposing those using the garden to harmful substances.</i>	<i>By removing weeds, we are making the garden prettier and providing ideal growing conditions for the plants. Doing this organically, we are allowing nature to do its job and regulate as it normally would—using insects, for example. As students weeding, we get good exercise and grow more intimate with the garden, while creating a safer environment.</i>	<i>H, S</i>

Community Pathways:

Arts, History, Culture	Bridging Generations	Education
<ul style="list-style-type: none"> • Preserve history • Raise awareness • Tell stories about the past and present • Expression of culture • Fulfill peoples' need for art, color • Express different emotions • Document important events in history • Communication • Public and private ownership of art 	<ul style="list-style-type: none"> • Aging • Aging in place • Dying with dignity • Sandwich generation • Cultural perspectives on aging • Legal issues • Health and wellness of elderly • Mental health • Respect for elders • Family • Caregiving • Understanding needs of the elderly • Healthcare • Health insurance • Social security 	<ul style="list-style-type: none"> • Communication • Socialization • Literacy • Numeracy • Teaching • Child development • Learning • Multicultural education • Writing • Education policy • Standardized education • Classroom management • Instructor to student ratio • Education pipeline • Public/private education • Role of technology • Early childhood education • Family involvement • "Alternative" methods of education

Environment	Health	Intercultural Perspectives
<ul style="list-style-type: none"> • Ecology • Ecosystems • Endangered species • Invasive species • Preserving sites of cultural significance • Climate change • Rainforest preservation • Conservation • Marine debris • Coastal degradation • Role of microbes in the environment • Environmental education • Gardening • Role of plants in the environment • GMOs • Meat industry • Plastic reduction • Pollution • Water 	<ul style="list-style-type: none"> • Preventative healthcare • Acute healthcare • Pharmaceuticals • Natural vs allopathic medicine • Health policy • Access to medicine • Infectious diseases • STDs • Health education • Patient education • Food & Nutrition • Mental health • Cancer • Maternal and child health • (breastfeeding) • Medical technology • Wellness • Exercise • Indigenous health perspectives 	<ul style="list-style-type: none"> • Language • Communication • Learning language • Cultural awareness • Promoting peace • War • Diplomacy • Hegemony • Globalization • Power • Immigration • Citizenship • International treaties • Global collaboration • Food • Discrimination • Xenophobia • Racism • Stereotypes • Attire and wardrobe • Cultural protocol • Cultural education • Traditions • Rituals • Beliefs

List of United Nations 17 Sustainable Development Goals (SDG):

For more information: <https://sdgs.un.org/goals>

Goal 1	End poverty in all its forms everywhere
Goal 2	End hunger, achieve food security and improved nutrition and promote sustainable agriculture
Goal 3	Ensure healthy lives and promote well-being for all at all ages
Goal 4	Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all
Goal 5	Achieve gender equality and empower all women and girls
Goal 6	Ensure availability and sustainable management of water and sanitation for all
Goal 7	Ensure access to affordable, reliable, sustainable and modern energy for all
Goal 8	Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all

Goal 9	Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation
Goal 10	Reduce inequality within and among countries
Goal 11	Make cities and human settlements inclusive, safe, resilient and sustainable
Goal 12	Ensure sustainable consumption and production patterns
Goal 13	Take urgent action to combat climate change and its impacts*
Goal 14	Conserve and sustainably use the oceans, seas and marine resources for sustainable development
Goal 15	Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss
Goal 16	Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels
Goal 17	Strengthen the means of implementation and revitalize the global partnership for sustainable development

The Full List of the 17 United Nations - Sustainable Development Goals

<https://blog.movingworlds.org/the-full-list-of-the-17-united-nations-sustainable-development-goals-with-pictures-sdgs/#:~:text=The%20Full%20List%20of%20the%2017%20United%20Nations,quality%20e%20...%20%2013%20more%20rows%20>