

EXTRA CREDIT

A note about extra credit for the course. One volunteer act is of 2-3 hours. It can be any community service. For example, if you coach a team all ready, if you volunteer at a church, if you volunteer at a community center, or you go to a beach cleanup.. To earn the extra credit you need to bring a letter from a supervisor with letterhead or a brochure. Obtain the signature of someone in charge and their phone number for me to verify your work. You need to do 2-3 hours of service during this semester. I have some suggestions below but your volunteer work is really up to you . You need to find a place to volunteer. There are hundreds of places that need help. One volunteer option I won't accept is a your workplace, unless your work has a special event for the community.

Here are some of my suggestions.

Beach cleanups happen periodically throughout the year at various locations. Long Beach usually has one a semester. You need to contact City of Long Beach. El Dorado nature center will also have information if you drop by. If you get a flyer bring it in for the rest of the class to see and let them know.

Walk the El Dorado Nature Center trail. There is a trail map that explains the wildlife and vegetation. Write a summary about the trail and your impressions. I know this is not volunteer work but I will allow it under a category of exploring the environment. Also besides El Dorado Nature Center if you visit any National Park and collect some historical background and personal impressions I will allow that.

LBCC has a volunteer program. Please call the operator for the number.

The Long Beach Blast program. This is a bigger commitment. You work with children in Long Beach Unified School District. It requires 1.5 hour per week for 6-10 weeks. Call 562 570-4753 and ask for Lee Alpern the Adult Volunteer Program Coordinator. I have had a couple of students do this option and really got a lot out of it.

Amigos de Bolsa Chica has some volunteer opportunities. . Call **714 846-1114**

Visit [www. impactonline.org](http://www.impactonline.org) on the web. This web site will search for opportunities in your community.

Get started early and get your extra credit. Everyone can use some extra credit. Extra credit is due by the final. It sounds like a long time from now, but it will be here before you know it. So do it **NOW**.

Remember if you find some opportunity share it with the class others might be interested.