



# COUGAR Parents Club

We're here to help with high school

## Cougar Parents Club Service Award - 2016

### Please fill out the following information:

(The readers on the Award committee will not see this portion of the Award application.)

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

Address: \_\_\_\_\_

- Please fill out the the attached form detailing the service activities with which you were involved during High School. Please clearly state how many hours service were completed, and for whom the service was performed.
- Attach an essay (up to 500 words) typed and double spaced describing your service. Please explain what your service meant to you, and how you feel it helped.
- If your volunteering is within SLVHS, describe how your service goes beyond any regular class requirements.
- Do not include your name, identifiable school positions, or family's name in the essay.

Please return the application and essay to Jeannette Lange in the Counseling Office  
by May 6<sup>th</sup>, 2016.



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Activity (you may give more details in your essay)	Check Grades in which involved				Average hours per week	Weeks per year
	9th	10th	11th	12th		
1.						
2.						
3.						
4.						
5.						
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7.						
8.						
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27.						
28.						
29						
30.						

### Rubric for Senior Service Awards

Score for amount of work done through High school	200 hrs +	100 - 200hrs	30-100hrs	Under 30hrs or impossible to estimate from information provided.
Quality of work	Work is genuinely useful to community – possibly because of a long standing commitment of a project, or through the breadth of work undertaken	Work is useful.	Work is somewhat useful,	Hard to tell what the work involved
Impact of work on volunteer	Volunteer conveys a sense that the work has been personally very meaningful.	Work has been personally meaningful	Work has been personally somewhat meaningful.	Hard to tell if the work was meaningful
Extra points, for following application instructions, excellent essay etc.				