

Psy 120/Pak
Extra Credit (5 points)

Grossmont Gives Back: Month of Service Extra Credit Assignment

One important topic in the field of social psychology is explaining why people help others. The purpose of this assignment is to better understand the psychology of helping by spending a few hours doing something that is of service to the community.

For the month of April, there are **four opportunities to give back to the community** by offering your service in a range of areas from a beautification project on our campus, painting a mural in Santee, to serving meals to the homeless. There are limited positions available, so you will need to act fast and sign up NOW!!! If you are interested in one of the projects here are the simple steps to follow:

1. Go to the following URL: <http://www.grossmont.edu/campus-life/csl/default.aspx>
2. Click on Month of Service
3. Select the appropriate event and sign up.
4. Sign the Hold, Harmless & Indemnify release form
5. Once you have secured your position and signed the release form, show up and most importantly, have fun!!!

Afterward, you will write a **1-2 page reflection** (typed, double-spaced) on this event by answering the following questions:

1. Describe the event and your initial expectation of participating in the event. Include what you did to prepare, if anything (e.g. research homelessness in San Diego).
2. Describe what you did, and how you felt about the activity: what emotions did you feel before, during and after the activity?
3. Compare/contrast your initial expectations to your experiences. Have these expectations changed? Why/why not?
4. Briefly relate your experience to one of the models in your text that explain why people help: was your behavior better explained by the egoistic model, the evolutionary model, or the empathy-altruism model? Explain.