

coms 180

extra credit

There are two extra credit opportunities, for UP TO 20 points of extra credit. Be aware that documentation is required. You may complete both activities.

Opportunity #1—Doing something good *for* someone else

Accomplish a meaningful good deed that is **out of your typical routine** such as:

- Giving blood
- Running/walking a charity event
- Cleaning up a neighbor's yard
- Volunteering at a charitable organization
- VOLUNTEER babysitting
- Collecting food for a food bank

This list is not exhaustive but gives you ideas that are extra credit worthy... (You can make up your own activity, too.)

To get 10 points of extra credit, complete a meaningful good deed and document it either with a photo or note from the person/people you helped. Then write a short—like two or three paragraphs short—essay about your experience and what it felt like.

Opportunity #2—Doing something good *with* someone else

Do something that is **out of your typical routine** for the express purpose of making someone else happy. You can do any of the above activities *with* a friend/relative/significant other, or things like:

- Taking a friend/parent/ grandparent to lunch
- Seeing a movie your gf/bf really wants to see
- Doing any of the above WITH someone else
- Making dinner with a significant other
- Visiting people at an elderly care facility
- Doing a charity 5K with friends

This list is not exhaustive but gives you ideas that are extra credit worthy... (You can make up your own activity, too.)

To get 10 points of extra credit, complete a happiness activity *with* someone, and document it either with a photo or note from the person/people you spent time with. Then write a short—like two or three paragraphs short—essay about your experience and what it felt like.

FAQs

Q: What if I'm doing a volunteer activity with my sorority/fraternity/job? Does that count?

A: Probably not if it's a required/expected activity. You must go outside of your normal activities.

Q: What if I try donating blood and get rejected?

A: Sad face! Eat some oatmeal and try again. (Yes, your attempt will count.)

Q: What if I'm doing a volunteer activity for another class? Can I count it twice?

A: Umm, no. More good deeds, people.

Q: What if I get my extra credit done in March. Can I turn it in early?

A: Sure. You can turn it in to Canvas any time until Wednesday, May 8 at 10 a.m. But note, I probably won't look at it until May.

Due by Wednesday, May 8 at 10 a.m. on Canvas. No exceptions. No late work accepted.