ANGI MITAS
KINESIOLOGY
SENIOR

James Scholar
Civic Commitment
Don Moyer Boys and Girls Club

- **Mission:**
  - To improve, inspire, help, and stimulate the minds and lives of children.

- **Purpose:**
  - To provide opportunities to guide youths as they mature
  - To provide a fun and safe environment for youths
My Civic Commitment Program

- Population
  - Kids grades K-12
My Program

- The purpose of my program was to connect students of the College of Applied Health Sciences with the local community. Specifically, I organized and implemented various events at the Don Moyer Boys and Girls Club for students to volunteer at.
The first event I organized was a “Fall Festival”, in which I recruited various RSO’s within the college to create a game and bring candy and prizes for the kids. A total of 70 student volunteers participated in this event, including students from AHSSC, Service Council, ILEAP, LIP, NSSHLA, XAE, ASN, and KSA.
Valentine’s Day Event

Hosted an event in February in which student volunteers went to the DMBGC and played a Valentine’s Day themed coloring and math game.
Student volunteers hosted a variety of fitness activities, such as jump rope, basketball, scooter games, volleyball, and relay races. Approximately 25 kids participated in this event grades K-5. At the end, healthy snacks and water were provided and a small discussion on the benefits of being active was conducted.
Additional Events

- Other small events included activities such as Easter egg hunts, relay races, watercolor rainbow activities to teach kids about how rainbows are formed, kite flying, and musical chairs.
Feedback

- As a testament of how successful these events were, I received this email from the program manager after hosting one event...

- Angela, I would like to Thank You for participating in the event on Friday. My staff and the parents have been raving about the fun they had with the program. Everyone seemed to really enjoy themselves. I hope you enjoyed the program and we look forward to working with you again.
Why I chose this project?

- As a student in the ILEAP program, I have had many opportunities to engage with the community. ILEAP is committed to creating well-rounded students in both academics and in extra-curricular activities. ILEAP helps students to engage in the community through volunteer opportunities such as the Times Center, Women in Transition, Don Moyer Boys and Girls Club, and the Crisis Nursery. Since I have first-hand witnessed how successful and rewarding it is to help out in the community, I wanted to do the same for all students in the College of Applied Health Sciences, not just ILEAP students.
The goal of my program was to make an impact in the community and help kids in the area to have fun in a positive environment. By having students from the College of AHS volunteer at the DMBGC, they were able to interact with and enrich the lives of children in the C-U community. Overall, I wanted both students and kids at the DMBGC to be impacted positively by my program.
Challenges

- Recruitment of student volunteers: Event times conflicted with classes.
- Loss of interest: Kids had very short attention spans, so it was important for me to design activities that keep their attention and don’t last for too long in order to keep things successful.
- Money: Many events require supplies for crafts, games, or prizes. To combat this, I would ask RSOs that participate in events to pay a small fee for participation, so the money could go to supplies. Most of the time I was lucky though because the DMBGC gym had a lot of equipment to use for games.
Next Steps

- I believe that in order to make a more successful program, the next step is to recruit a core group of 10-20 volunteers who are free at a certain time during the day each week. That way, events could take place at the same time on the same day every week or every other week and there would be no issues in having enough volunteers. This would allow for more interaction between students and kids in the community and simply create a more organized schedule for everyone to look forward to.
How does my program prepare me for my future career?

- Although my professional goals deal with veterinary medicine, I will also be helping people, who are the owners of animals, and I understand how important it is to help people in the community. A community outreach program such as this connects very well to what I will be doing in the future by helping me to see the benefits of helping others, whether they have 2 or 4 legs, and to gain valuable skills that are important for working with others.
Thank you for your time.
Questions?