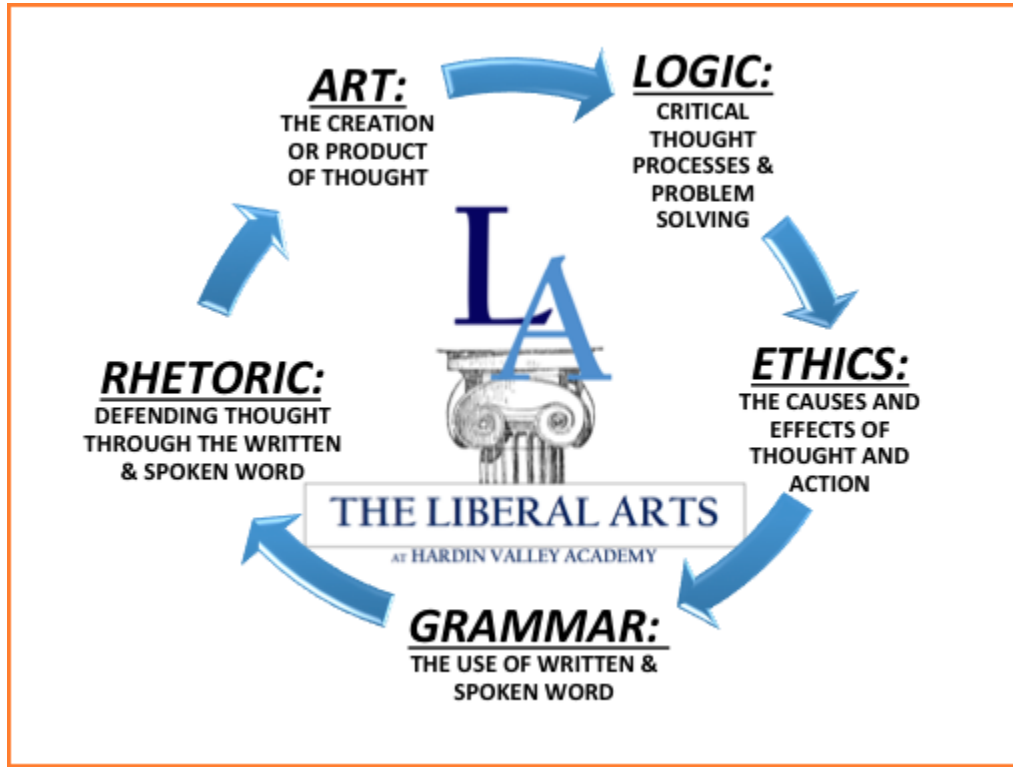


# Liberal Arts Summer Assignment 2018



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**Embrace the Challenge:** Summer is a great time to recharge your batteries. It is also a good opportunity to be inquisitive and engage with the things that YOU care about while both growing as a person and contributing to your community.

To get started please watch the following TED Talk:

**What I Learned From 100 Days of Rejection | Jia Jiang, TEDxMtHood**

[https://www.ted.com/talks/jia\\_jiang\\_what\\_i\\_learned\\_from\\_100\\_days\\_of\\_rejection](https://www.ted.com/talks/jia_jiang_what_i_learned_from_100_days_of_rejection)

At its core, this video challenges us to step out of our own comfort zones in order to grow either personally or professionally. While we aren't little kids any more imagining that there are monsters hiding under our beds, we still have our own monsters that we need to tackle. Please complete both of the following tasks (50 points each) for a 100 point summer assignment.

## **Option 1: Facing Our Fears / What Gives You The Creepy Crawlies?**

The TED Talk “What I Learned From 100 Days of Rejection” is both funny and honest. On the one hand, it is kind of funny to imagine asking someone for a “burger refill” or to be a Starbucks “greeter”; however, at the same time, in this day and age when we all spend a little more time plugged-in than interacting with others, it’s easy to see the honesty in the video as we all tend to get in a rut or a routine. Please take a day or so and really think about something that you are “scared” of so-to-speak. We are not asking you to get a pet spider if they terrify you (but you could go learn more about them at the zoo). And, obviously, don’t go run out in traffic or anything absurd. But, let’s face it, we all have that little something we are scared to do that we should probably strive to improve.

- Do you struggle with meeting new people? Then, accept the challenge to introduce yourself to five new people and document that experience. Did you meet a neighbor? Did you make any new friends?
- Are you sort of an “indoor person”? Do you tend to spend a lot of time with electronics, video games, and social media? Then, challenge yourself to try an outdoor activity of your choice. There are lots of great places around here like Ijams and the UT Arboretum - - invite your friends and family and have a local adventure.
- Are you scared of being a good student? Is it easier to be “average” than to risk “failing”? What could you do this summer to really and truly get ready for next year?

It doesn’t matter if it is public speaking, heights, going to the dentist, or performing in front of a group - - it can be smaller than that - - maybe you have never learned to wash clothes or use the oven - - what is something that you struggle with? Please document your fear and your experience trying to tackle it in a one page reflection.

## **Option 2: Community Service / Community Engagement**

In this day and age, it’s easy to isolate ourselves Netflix binging, playing video games, or just relaxing at home in our own worlds. A very important skill to learn to do is to engage in your community through service to others. Below you will find formal and informal options that will fulfill the summer assignment.

- A) Please earn at least six hours of community service with a formal organization and write a reflection about the experience. Please remember to complete the formal school volunteer form available on the school website. Note: Volunteer work for a community organization is the only volunteer work we may accept for service hours.
- B) If you do not have transportation or an opportunity to work with a community organization this summer, you may also volunteer around your neighborhood or with your extended family. Is there a family next door with young children? Do they need help preparing dinner? Do they need a couple of hours of babysitting for no charge? Is there someone elderly on your street who needs help around the house? Think of your own personal skills (baby-sitting, yard work, reaching tall things like light bulb changing or helping put up or take down some decorations); what can you do to help someone? What if you just called your grandparent and said, “I am going to come hang out with you on Sunday - - what can I help you with?” Unfortunately, we can’t award formal volunteer hours for this type of service, but it is also the type that is the most valuable in the long haul. (Hint: It also makes great college essay experience material down the road.) Upon completion of six hours you will need to write a one page reflection of your experience and have your parents sign approving / granting permission for the endeavor.

**Common Sense Reminder:** Be smart. Be safe. If you choose to complete formal volunteer hours, make sure you are working with a reputable organization. We ask that parents sign the final reflections indicating that they are aware of the summer activities.