Title of Project: **Alternative Spring Break 2007**

Grant Category: Community Engagement

Primary project lead: Mary Kate Hawkins  
Community Engagement Coordinator  
Students Offering Service  
115 SHW  
359-6364  359-6940 (fax)  
mhawkins@mail.ewu.edu

Project Partners: Kendra Selle  
Career/Academic Advisor  
Career Services  
114 SHW  
359-6933  359-6940 (fax)  
kselle@mail.ewu.edu
PROJECT SUMMARY

Alternative Spring Break is a week-long, substance-free program centered on community service and civic engagement. The mission of the Alternative Spring Break is to provide Eastern Washington University students an alternative to the traditional spring break by engaging them in a challenging and fun opportunity to lead and learn through direct service experiences.

Students will learn the importance of reflection, social justice, and civic engagement while gaining new perspectives through working in a diverse environment. They will also be meeting community needs, building on community assets, and bringing their experiences back to campus. Through this experience, participants will also be able to form meaningful and lasting relationships with other members of the group, as well as people they meet in Mississippi.

During the Alternative Spring Break, students will travel to areas hit by Hurricane Katrina to offer their assistance to residents coping with the trail of destruction left behind. In connection with Community Collaborations, a non-profit organization dedicated to linking college groups with safe and fulfilling volunteer experiences, students will participate in activities that aid the community. These activities include, but are not limited to, reconstruction, installing insulation, siding and wall board, painting, as well as volunteering at animal shelters, after-school programs, tree planting and beach clean-up. Community Collaborations will provide safe and clean sleeping areas, bathroom facilities, showers, food services and first aid stations. Time for discussion and reflection will also be made available during the trip.

The goal of the Alternative Spring Break is to foster civic engagement among the students. By doing so, they bring awareness back to the Eastern Washington University community about social issues being faced in our society.

www.communitycollaborations.org
DETAILED PROPOSAL

Problem Statement
In late August of 2005, one of the deadliest and costliest hurricanes in the history of the United States hit the southeast states. It caused complete devastation along much of the Gulf Coast, especially Louisiana and coastal Mississippi. Close to 1,900 people lost their lives and more than $81 billion in damages resulted. Katrina also had a profound impact on the environment, the economy of the area and the state of mind of the people who lived through the experience.

More than one year after Hurricane Katrina, the destruction is still prevalent. Communities have made attempts to piece their lives back together, but the post-Katrina recovery of the Gulf Coast is expected to take approximately 12 years.

Eastern Washington University’s first Alternative Spring Break will give students a chance to immerse themselves in a new cultural context. It will allow them to experience poverty, homelessness, illiteracy and racism first hand. They will be giving back to a society that has given them everything. With this understanding, students will return to campus with a new appreciation for diversity and will help create a more welcoming atmosphere at Eastern Washington University for students, faculty and staff.

Project Objectives

- To educate students on the importance of reflection, social justice, and civic engagement while gaining new perspectives through working in a diverse environment
- To move social awareness to an integrated, active part of the participants’ everyday lives
- To approach service as a partnership with the communities we serve
- To provide a real experience and understanding of social issues, such as homelessness, poverty, racism, hunger and the environment, in the United States
- To encourage students to become active citizens of their community

Project Design
While working alongside residents of Mississippi, the students will hear accurate stories of the destruction Hurricane Katrina caused. This partnership will aid in shifting the thoughts of the students from “helping others” to “working with others”. The experience allows for discussion and understanding of social justice and civic engagement in their own lives.

After returning from the Gulf Coast, the reorientation will enable dialogue to continue on diversity, poverty, hunger and all other social issues confronted while on this trip. Participants will also be able to reflect on the experiences they had and the emotions they felt throughout the entire process.
Explanation of the Roles and Expertise of Participants

Mary Kate Hawkins, Community Engagement Coordinator with Career Services. Areas of expertise include community engagement and service-oriented projects, also program management, event planning, team-building projects and student leadership development. Areas of interest include homelessness and poverty, student volunteerism and alternative spring breaks.

Kendra Selle, Career/Academic Advisor with Career Services. Areas of expertise include training in decision-making, program management, career exploration and development, as well as academic advising.

Dissemination Plan
1. After the grant has been awarded, the selected students and staff/faculty members will meet at least twice a month to discuss what Hurricane Katrina did to the Gulf Coast, what activities will be done on the trip, and what to expect after arriving in Mississippi. There will also be time for reflection and journal writing.
2. The group will participate in one team-building exercise at Chewelah Peaks Learning Center. They will take part in a day-long, outdoor challenge course program with reflection and discussion at the end.
3. Members of the group will have to attend one free class offered at Home Depot. These classes teach the basics of building a house, preparing the group for the work to be done in Mississippi.
4. Students will fundraise $200 each for their participation in the project.
5. Following the event, group will meet for a reorientation, building on their experiences throughout the entire process.
6. A report of the selection process, team-building exercise, actual spring break and reorientation will be completed and will be available for anyone. This report will be used as a template for Alternative Spring Breaks at EWU in the future.

Timetable
The Alternative Spring Break will take place March 24-31, 2007. The students who will attend will begin meeting at least twice a month, starting the week of February 5, 2007. These meetings will consist of reading, journal writing, discussion and reflection about the social issues to be confronted in Mississippi. More meetings will be added if needed.

Within 3 weeks of returning from the Alternative Spring Break, the group will meet to reflect on their experiences on the trip. The faculty/staff participants will meet to determine the effectiveness of the program and discuss ideas for improvement.
DETAILED BUDGET AND BRIEF RATIONALE

Expenses:

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chewelah Peaks Learning Center: $42 per person</strong></td>
<td><strong>$504.00</strong></td>
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<tr>
<td>The Chewelah Peak Challenge Course and Experiential Training Program consist of a series of obstacles to push a group physically, mentally, socially and/or emotionally in pursuit of group and individual goals. Through these outdoor, team-building exercises, the group with build trust, develop relationships, learn conflict resolution, enhance self-esteem and confidence, as well as increase group communication skills.</td>
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<tr>
<td>This team challenge will take place during a weekend, before spring break. The date has not been set yet.</td>
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<tr>
<td><strong>Transportation</strong></td>
<td></td>
</tr>
<tr>
<td>To and from Spokane International Airport</td>
<td><strong>$71.00</strong></td>
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<tr>
<td>(EWU motor pool rate per day is $35.50)</td>
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<tr>
<td>To and from Gulfport Airport, $20 per person round trip</td>
<td><strong>$240.00</strong></td>
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<tr>
<td><strong>Flight: $625.00 per person</strong></td>
<td><strong>$7,500.00</strong></td>
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<tr>
<td>12 seats with Northwest Airlines from Spokane International Airport to Gulfport.</td>
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<tr>
<td><strong>Community Collaborations: $195 per person</strong></td>
<td><strong>$2,940.00</strong></td>
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<tr>
<td>Community Collaborations International (CCI) works with universities, high schools, youth programs, families, church groups and others to provide support for service oriented travel in the US and internationally. Their goal is to place volunteers where they are needed most and to provide a safe and fulfilling volunteer experience. While most international volunteer programs focus on placing individuals, Community Collaborations International specializes in meeting the unique needs of groups interested in serving together. The goal of CCI is to place volunteers where they are needed most and to get the most value out of each volunteer hour. Community Collaborations is asking all volunteer groups to pay a program service fee of $35.00 per person per day. This fee pays for pays for all food, lodging, volunteer project management, building supplies, tools and creates a sustainable source of funds for relief agencies.</td>
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<tr>
<td><strong>Contingency Fund</strong></td>
<td><strong>$1,500.00</strong></td>
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<tr>
<td><strong>Total:</strong></td>
<td><strong>$12,755.00</strong></td>
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</table>
## Revenue

<table>
<thead>
<tr>
<th>Item</th>
<th>Revenue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diversity Grant</td>
<td>$5,000.00</td>
</tr>
<tr>
<td>Foundation Grant</td>
<td>$1,500.00</td>
</tr>
<tr>
<td>Student Fundraising</td>
<td>$2,500.00</td>
</tr>
<tr>
<td>Career Services</td>
<td>$1,500.00</td>
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### Additional Funding

In addition to the Diversity Initiative Grant, a Foundation Mini Grant has been applied for and other funding sources are also being researched.

**EWU Reference:**  Virginia Hinch  
Coordinator for Experiential Learning  
Career Services  
114 SHW  
359-  
359-6940 (fax)  
vhinch@mail.ewu.edu
MARY KATHERINE HAWKINS

EDUCATION
Boston College Chestnut Hill, MA
Bachelor of Arts, Psychology May 2001
Concentration: Fine Arts

WORK EXPERIENCE
Eastern Washington University Community Engagement Coordinator Cheney, WA; August 2006-present
Coordinate all volunteer opportunities for students, faculty and staff on campus
Run the Students In Service Program- students receive educational awards for a certain number of volunteer, internship and practicum hours completed
Participate in the Scholars Learning Community, discussing Service Learning on campus
An active member of INSLP (Inland Northwest Service Learning Partnership) and DOVIA (Directors of Volunteers in Agencies)

Yoga Instructor Spokane, WA; June 2005-present
Teach Vinyasa Yoga to adults at the beginner and intermediate levels
Set clients up with the nutrition plan to compliment their exercise programs
Educate adults on the importance of good nutrition and exercise in their lives
Lead guided meditations

House of Charity Case Manager/Housing Program Manager Spokane, WA; July 2003-August 2006
Ran a transitional housing program for mentally ill/chemically dependent adults
Placed consumers in housing, after years of being homeless
Helped bring about knowledge of all community resources
Worked regularly with other community organizations to stabilize clients
Taught life skills (budgeting, grocery shopping with food stamps, maintaining an apartment)

Hawthorn Services Elder Recreation Specialist Chicopee, MA; Sept. 2002-July 2003
Worked at an Elder Day Health Program for a mentally ill senior citizen population
Led activities to promote emotional, physical and mental wellbeing of the consumers
Oversaw scheduling of daily activities for patrons
Assisted in toileting needs, nutritional education and fitness plans for all client

Volunteered at an emergency shelter for mentally ill, chemically dependent men
Worked front desk- interacted with clients, assisted with serving lunch, handed out towels, shampoo, soap, etc., and stored baggage
Provided oversight for patrons of policies and procedures to ensure that all rules were followed
Oversaw the Senior Nutrition Program- ordered meals for the senior citizen population daily, took meal tabulations
Sat on the Continual Quality Improvement Board- discussed areas of improvement around the shelter and ways to ensure the safety of all the patrons
Headed the Sanctions Board- decided on volunteer hours/restrictions for all individuals who have been banned from the shelter

ACTIVITIES

Spokane
Volunteered in the Recreation Therapy Department of Shriners Hospital
Taught yoga to homeless women who live at Hope House, a women’s emergency shelter
Taught self-defense to homeless women at the Women’s Hearth, a drop-in center for women

Boston College
Women’s Rugby, 1997-2001- Captain of a top-25 ranked team
Ignacio Volunteers, Spring 2001- built houses and worked with abused and abandoned children in Kingston, Jamaica during an Alternative Spring Break experience

CERTIFICATIONS

CPR Training/First Aid
Advanced Leadership Training through COR (Center for Organizational Reform)

AREAS OF EXPERTISE

Civic Engagement and Student Volunteerism
Homelessness and Poverty
Chemical Dependency and Mental Illness
KENDRA L. SELLE

HIGHLIGHTS OF QUALIFICATIONS

- Over 7 years of varying experience in higher education
- Experienced counselor/advisor in diverse settings
- Proficient teacher/trainer in multiple subjects
- Excellent written and verbal communication skills

EDUCATION

*Masters of Science in Psychology* – Eastern Washington University, Cheney, WA
2006
  - Emphasis in Clinical Psychology
  - Certificate in College Instruction

*Bachelors of Arts in Psychology* – Eastern Washington University, Cheney, WA
2003
  - Minor in Spanish
  - Graduated Magna Cum Laude

*Associate of Arts Degree* – Columbia Basin College, Pasco, WA
2001

RELEVANT EXPERIENCE

*Career Advisor/Adjunct Instructor– Career Services* 2005–present
  - Instruct quarterly Career Development course designed to assist students in making appropriate career decisions
  - Provide career planning assistance to students and alumni in the form of individual advising and workshops on a variety of career-related topics (i.e. resume writing, interviewing, career fair preparation)
  - Represent and serve as an ambassador to Career Services during events such as career fairs, new student orientation, networking luncheons, Grad Finale, etc.

*Eastern Washington University*, Cheney, WA

*Academic Advisor/Retention Specialist – Academic Support Center* 2005–present
  - Advise and educate a caseload of approximately 100 students into college courses based on individual needs and goals
  - Build repertoire and assist students in need by providing referrals and connecting them to resources
  - Provide professional tutoring for a variety of general education courses and facilitate a quarterly psychology study group in collaboration with the Psychology department
- Work extensively with students from TRiO, Washington Achievers, and Focus programs

**Eastern Washington University, Cheney, WA**

**Independent Learning Course Collaborator**  
*Spring 2005*
- Assisted in generating a redesigned online Introductory Psychology course
- Utilized extensive multimedia resources such as Blackboard, online testing, webinars, etc.
- Videotaped lectures that are to be posted onto course site

**Eastern Washington University, Cheney, WA**

**P.L.U.S Group Facilitator – Academic Support Center**  
*2004–2005*
- Facilitated collaborative learning groups for undergraduate psychology courses
- Created hands-on learning activities that promote further learning
- Developed and implement individualized curriculum for each group
- Academically assisted a diverse student population (TRIO)
- Attended weekly facilitator training sessions

**Eastern Washington University, Cheney, WA**

**PROFESSIONAL AFFILIATIONS**

- Member - Mountain Pacific Association of Colleges and Employers
- Member/Volunteer – National Career Development Association
- Member - Puget Sound Career Development Association
- Member - Psi Chi Honor Society

**ADDITIONAL QUALIFICATIONS/CERTIFICATIONS**

- Presenter – 2007 Women in Healthcare Management Conference
- Presenter – 2006 EWU Student Leadership Conference
- EWU Faculty Workshop in online course design
- College Reading and Learning Association Tutoring Certification (Level I)
- Registered Counselor – State of Washington (RC00050839)
- American Red Cross Instructor - Certified to teach CPR, First Aid, Lifeguarding, and Swimming Lessons
- HIV & AIDS Training – Intercollegiate School of Nursing (August 2004)
- National Soccer Coaches Association of America – State Diploma