

BLACK LIVES MATTER



PULSE 2020-2021

PULSE Student Workbook

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The PULSE Program for Service Learning

“What we have to learn to do, we learn by doing.”

Aristotle, *Nicomachean Ethics* (1103b1)

The PULSE Program aims to foster the growth of a critical social justice consciousness in BC students through the interplay of community service in conjunction with critical reflection on classic and contemporary works of philosophy and theology.

In 1969, concerned BC students saw the need to integrate social action with academic reflection. During this time, there were continual protests on campus that philosophy and theology had no relevance to “real life” concerns. Attempting to rectify these misconceptions, student Patrick Byrne (now a PULSE professor in the Philosophy Department) formed the Social Action Committee under a UGBC mandate. Working with Fr. Joseph Flanagan, S.J. (then chair of the Philosophy Department), the PULSE Program was conceived to enable students to gain academic credit for the study of philosophy and theology in conjunction with service in Boston-area non-profit organizations.

At a time of increasing violence in the anti-war movement, the PULSE Program was created as a non-violent initiative to serve others and foster social change. Its original mandate focused on improving urban social conditions by emphasizing rapid and marked social change through coordinated student action. Over time, the program’s emphasis shifted slightly towards positive participation in community initiatives and continued reflection on the nature and extent of the problems of modern community life.

The PULSE Program was one of the first service-learning programs in the country (even predating the term “service learning” itself). Today, over fifty years later, PULSE is an internationally-recognized model program. PULSE now stands with 16 core classes, 12 elective courses, 57 community partners, and about 500 students each year.

The PULSE Program: Who's Who

PULSE Staff

Cooney Family Director

Meghan T. Sweeney, PhD
Theology Department
meghan.sweeney@bc.edu

Assistant Director

Shanteri Baliga, BA, MEd
shanteri.baliga@bc.edu

Graduate Assistant

Kate Ballas, STM/SSW '21
pulse@bc.edu

PULSE Core Faculty

Elizabeth Antus, Theology

David McMenamin, Philosophy

Patrick Byrne, Philosophy

Stephen Pope, Theology

Gregory Fried, Philosophy

Joshua Snyder, Theology

Nicholas Hayes-Mota, Theology

Eileen Sweeney, Philosophy

Matthew Kruger, Theology

Meghan T. Sweeney, Theology

Marina McCoy, Philosophy

Mary Troxell, Philosophy

PULSE Electives Faculty

Kristin Heyer, Theology

Kathleen Hirsch, Philosophy

Micah Lott, Philosophy

David Manzo, Philosophy

Alexis Rizzuto, Philosophy

The PULSE Program: Who's Who

PULSE Council 2020-2021

The PULSE Council consists of eighteen students who have taken the PULSE core and have been selected by the previous year's council to continue working with the program as student leaders. Council Members assist students and supervisors by answering questions, discussing concerns, and acting as a resource for everyone involved in PULSE. Each Council Member has three office hours per week in the PULSE office. Additionally, during the course of the semester, the Council Member will arrange meetings with all students serving at a particular partner. Meetings are mandatory and take place twice each semester (***attendance at council meetings is counted as part of a student's class attendance/participation grade***). These meetings provide PULSE students with an opportunity to discuss issues in depth that pertain specifically to their service site.

Ayomitunde Adedeji

adedejid@bc.edu

Ryan Bates

batesry@bc.edu

Olivia Bird

birdol@bc.edu

Heather Davis

daviswn@bc.edu

Christopher Haggerty

haggerch@bc.edu

Emily Hanley

hanleyem@bc.edu

Kemina Julien

julienk@bc.edu

Aurelie Marcelin

marcelau@bc.edu

Elizabeth McColloch

mccolloe@bc.edu

Madeline Murphy

murparj@bc.edu

Jonathan Ng

ngjp@bc.edu

Nimsu Ng

ngnf@bc.edu

Katie O'Connor

oconnowe@bc.edu

Ann Pan

panad@bc.edu

Justin Schnebelen

schnebel@bc.edu

Anna Shin

shingn@bc.edu

Reem Sulieman

sulieman@bc.edu

Chloe Zhou

zhouez@bc.edu

Information for Your Year in PULSE

Class, Discussion, & Service Schedules

- * You **must** be available for at least one of the discussion times that correlates with your PULSE section.
- * Your class and service schedules are **expected to remain the same** for the fall and spring semesters.
- * Switching your service schedule is **only possible with approval** from your supervisor and the PULSE office.
- * **When BC classes are in session, service is in session.** If the Community Partner has a break during a time that BC classes are in session, the supervisor may opt to assign alternative projects.

PULSE Program Policies

- * In order to earn an A in the course, a student must earn an A in the classroom component of the course.
- * In order to pass the course, a student must pass the service and classroom components of the course.
- * Students who fail the fall semester of the PULSE core course may not continue in the spring semester.
- * Students should be fully present when at service.
- * Students may not friend, follow, post any information about, or engage with any individuals from their service sites on social media.

Information for Your Year in PULSE

Professionalism in Service

Professionalism is composed of many factors, including punctuality, communication, positive attitude, flexibility and adaptability, perspective, attentiveness, appropriate attire, interaction with others, good manners, organization, timeliness, and dedication to your service. Ask your supervisor how to dress appropriately for service **even though service is remote/virtual!**

Some Key Dates for PULSE

9/9	Town Meeting
9/24	Respond to all offers
9/28	Fall Service begins
10/13	BC follows a Monday schedule
10/23	LWAs due
12/10	Last day for fall service
1/28	Spring Service begins
5/6	Last day for spring service
Every Tuesday	Weekly PULSE-Y Email

How to Use this Workbook

1) Fill in Your Schedule

Page 11

Your schedule will play a key role in the placement process. This will help you visualize when you will be most available to serve. You must bring your schedule to your Zoom advisement session.

2) Research Our Community Partners

Page 20-47

With over 50 community partners, there are many agencies where you may be able to serve. Read our brief descriptions in this workbook and then go to our website for more details about each service site. Take notes on page 12.

3) Register for Town Meeting

by Friday 9/4

After researching Community Partners, fill out the online Town Meeting registration form indicating the five partners that most interest you. You will find the link to the form on the PULSE student website in the “Resources for September” Google folder.

4) Book an Advisement Session

by Friday 9/4

Book a mandatory advisement session online through the PULSE “Resources for September” Google folder. Booking early ensures that you will find an advisement session that works well with your schedule. Don’t forget to record the date and time of your advisement session on page 13. All advisement sessions are in local Boston time and via Zoom.

5) Attend the Virtual Town Meeting

Wednesday 9/9, 7pm

The purpose of this meeting is to learn more about the Community Partners that you are most interested in at this time. You will attend five information sessions about the five partners for which you registered. Each session is 20 minutes long. Take notes on pages 14-16.

6) Attend Advisement

Thursday 9/10 & Friday 9/11

During a 15-minute session, Council Members will help you to explore which service opportunities are best suited to your interests and schedule, and will answer any questions about the process ahead. Advisement will be via Zoom. Take notes on page 17.

7) Tour Community Partners

Monday 9/14– Tuesday 9/22

Attend 3-4 tours to experience more fully the community partners that interest you. Sign up for tours via the link in the “Resources for September” Google folder starting at 9am on 9/12. Take notes on page 18-19.

- If you are going to miss a tour, you **must** cancel the appointment via your Appointy confirmation email.
- Be sure to dress appropriately and be attentive to any tour requirements listed in the Master Tour Sheet.

8) Accept an Offer

Wednesday 9/23

- By Wednesday 9/23, each supervisor will notify you if they can offer you a service position. Be sure to **check your *spam folder*** to ensure you are not missing any pertinent emails!
- By Thursday 9/24 at 1pm *at the latest*, you must respond to ***all*** offers, whether you are accepting or declining.
- Once you have accepted an offer:
 - Register your service site online via the link in the PULSE Google folder.
 - Start service the week beginning Monday September 28th!

Note: Once you accept an offer, you are committed to that partner and schedule for the *entire* year. You cannot switch your service site once you have accepted an offer.

If you have not accepted an offer by 9/24, email pulse@bc.edu

Step 1: Fill in Your Schedule

It is very important to keep your schedule in mind during the placement process. This year you will need to keep two approximately 2-hour blocks or one approximately 4-hour block open each week in order to complete 4 hours of virtual/remote service:

- Using the schedule on the next page, fill in your academic and other commitments throughout the year. *Keep in mind that PULSE service is an academic commitment and takes priority over non-academic activities.*
- Review this schedule to map out when you will complete your service, keeping in mind that all service times reflect local Boston times.
- **Remember:** You are committing to this Community Partner for the entire year with the schedule you choose in the fall. Schedule changes cannot be made unless approved by your supervisor and the PULSE office.



	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM					
9:00 AM					
10:00 AM					
11:00 AM					
12:00 PM					
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM					
6:00 PM					
7:00 PM					

Step 2: Explore Community Partners

Use the space below to mark down service sites you are interested in once you have researched the Community Partners.

Community Partners I am interested in:

-
-
-
-
-
-
-
-

Questions to consider:

- Have you read the description of these partners on the PULSE website?
- Does your schedule work with each of these partners?
- Have you done this kind of work before? Would you like to try something new?
- Which five of these partners would you like to learn more about at the Town Meeting?

Steps 3-4: Sign Up for Town Meeting & Advisement by Friday 9/4

Be sure to register for Town Meeting and to book an advisement session by Friday, 9/4. Attending both the Town Meeting and your booked advisement session is **mandatory**.

I have registered for the Town Meeting, including the five partners that I am most interested in, on the PULSE current student website under “Resources for September.”

I have booked an advisement session on the PULSE current student website under “Resources for September.”

My Zoom advisement session takes place on:

If you have questions:

- First, check this workbook and the PULSE student Google folder, “Resources for September.”
- If your question is not answered by the workbook or the website, please email pulse@bc.edu.
- **All Advisement sessions will take place via Zoom.** The PULSE Zoom link for advisement is: <https://bccte.zoom.us/j/97012061799>

Step 5: Attend the Town Meeting
7:00pm on Wednesday 9/9

Partner 1: _____

Supervisor: _____ Email: _____

Tour Times: _____

Council Member: _____ Email: _____

Notes:

Partner 2: _____

Supervisor: _____ Email: _____

Tour Times: _____

Council Member: _____ Email: _____

Notes:

Step 5: Attend the Town Meeting
7:00pm on Wednesday 9/9

Partner 3: _____

Supervisor: _____ Email: _____

Tour Times: _____

Council Member: _____ Email: _____

Notes:

Partner 4: _____

Supervisor: _____ Email: _____

Tour Times: _____

Council Member: _____ Email: _____

Notes:

Step 5: Attend the Town Meeting
7:00pm on Wednesday 9/9

Partner 5: _____

Supervisor: _____ **Email:** _____

Tour Times: _____

Council Member: _____ **Email:** _____

Notes:

Step 6: Attend Advisement
Thursday 9/10 or Friday 9/11

Additional partners to consider:

-
-
-
-

Partners I want to tour:

-
-
-
-
-

You can begin signing up for tours on the current student website on Saturday 9/12 at 9:00am. An email will be sent to all PULSE sections indicating when tours are ready to view and sign up for.

Step 7: Tour Community Partners

Monday 9/14 through

Tuesday 9/22

Tour 1: _____

Notes:

Tour 2: _____

Notes:

Tour 3: _____

Notes:

Tour 4: _____

Notes:

Step 7: Tour Community Partners

Monday 9/14 through
Tuesday 9/22

Tour 5: _____

Notes:

PULSE Community Partners

In these pages are brief descriptions of each Community Partner, including its mission, how you might serve, and the service hours. These short write-ups are meant as an introduction only; please refer to the “Entering PULSE” section of the website for access to the Google folder with more in-depth descriptions of each Community Partner, including specific service hours for PULSE students.



826 Boston

Our Mission: 826 Boston is a nonprofit youth writing and publishing organization that empowers traditionally underserved students ages 6-18 to find their voices, tell their stories, and gain communication skills to succeed in school and in life. Our services are structured around the understanding that great leaps in learning can happen with one-on-one attention and that strong writing skills are fundamental to future success.

How you might contribute: Virtually support our writing programs in either our After-School Tutoring Program or one of our in-school Writers' Rooms. During shifts, you may be tutoring students directly by helping with their homework or creative writing, providing feedback and edits to student writing, or helping our team prepare for upcoming virtual workshops. PULSE students with 826 Boston will primarily work directly with BPS students but may also support a variety of behind-the-scenes projects.

Hours: Monday-Friday, between 10:00am and 5:00pm. Individual shifts may vary.

ABCD Foster Grandparents Program

Our Mission: Action for Boston Community Development's (ABCD) mission is to empower low-income people by providing them with the tools to overcome poverty, live with dignity, and achieve their full potential. The organization provides services for families and individuals throughout their lifespan. The Foster Grandparent Program is a volunteer program for older adults 55+ who provide academic and social emotional support to children with special and exceptional needs.

How you might contribute: Virtually support the site co-ordinators in program planning and development, supporting the program participants as they go through the year.

Hours: Monday-Friday between 10:00 am-4:00pm



Adult Education Program at Bunker Hill Community College

Our Mission: To assist adults in developing the necessary skills in English language proficiency, acquire a High School Credential (HiSET), and the skills to successfully complete college course and receive six college program credits.

How you might contribute: Students will be working in the ESOL and Spanish HiSET classrooms, virtually helping to tutor adult students; help with conversation skills and homework.

Hours: Monday-Saturday morning, afternoons or evenings, depending on the day of the week.

Allston Brighton Mutual Aid

Our Mission: Allston Brighton Mutual Aid (ABMA) is a grassroots organization created to respond to community needs during COVID-19.

How you might contribute: PULSE students can contribute in many ways, including working on the intake hotline (recording the needs that come in and putting out a request to other ABMA members to fill the need), managing social media, fundraising, and more.

Hours: Monday-Friday hours can be flexible.



Boston College Supported Employment Program

Our Mission: The mission of the Boston College Supported Employment Program is to identify and facilitate employment opportunities for individuals with disabilities and to support them in an integrated work environment. The Program endeavors to help workers develop employment skills, build relationships at work and access community activities. As these skills are strengthened, workers are assisted to make informed decisions about their career goals and to take action toward these goals. The Program strives to educate employers and to eliminate barriers to integration. Our mission is consistent with that of the University in respecting the dignity of each individual and offering support to help each worker reach their potential.

How you might contribute: PULSE students will be helping the Supported Employment Program with a variety of administrative tasks. There will also be the opportunity to meet with program participants using Zoom to support them in learning, practicing, and reviewing guidelines around social distancing, hygiene procedures, and cleaning.

Hours: Monday-Friday between 9:00am to 5:00pm

Boston Housing Authority's Language Access Program

Our Mission: The Boston Housing Authority Language Access Program assists affordable housing applicants and residents, who are limited-English proficient, by providing interpretation and translation services.

Assistance is provided in 30+ different languages.

How you might contribute: Students will assist remotely by answering calls on the Spanish phone line. Fluency in English and Spanish required.

Hours: Monday-Friday between 9:00am-1:00pm.



Boston Housing Authority's Resident Capacity Program

Our Mission: Our mission is to provide stable, quality affordable housing for low and moderate income persons; to deliver these services with integrity and mutual accountability; and to create living environments which serve as catalysts for the transformation from dependency to economic self-sufficiency.

How you might contribute: Students will have the opportunity to interact with resident leaders through virtual office hours and monthly citywide Resident Empowerment Coalition meetings PULSE students will provide technical assistance and support to public housing and Section 8 resident leaders of existing and emerging Local Tenant Organizations. PULSE students will also have an opportunity to assist with our Digital Equity initiative to help improve internet access for residents in our low income communities.

Hours: Monday-Friday between 12:00pm-4:00pm.

The Brookline Center for Community Mental Health

Our Mission: The Brookline Center for Community Mental Health provides outstanding, affordable mental health care and community-based social services that help individuals and families lead healthier, safer, and fuller lives while building the strongest, healthiest community possible.

How You Might Contribute: Tutor high school students transitioning back to coursework after an extended absence due to a medical or psychiatric emergency in the Brookline BRYT Program (Bridge For Resilient Youth in Transition), support The Community Team's effort to stabilize and meet basic needs of vulnerable individuals and families; and more!

Hours: Monday-Friday between 12:00pm-4:00pm



Career Collaborative

Our Mission: Career Collaborative teaches unemployed and under-employed adults with low-income jobs how to build careers that change lives and strengthen families. Seventy percent of our participants are continuously employed for two or more years. Among workforce development organizations, Career Collaborative ranks in the top 10 percent nationally for job retention.

How you might contribute: Virtually work side-by-side with candidates on searching and applying for jobs online; assist candidates with cover letters and resumes; orchestrate and conduct practice interviews; provide interview coaching; interview program graduates; perform data entry duties.

Hours: Monday-Friday between 9:00am to 5:00pm with some flexibility for early morning/evening hours.

Catholic Charities El Centro del Cardenal

Our Mission: Founded in 1957, El Centro remains one of the oldest institutions in the state to provide English classes for adult immigrants. Over the years, the program has helped thousands of people to learn the language and culture, to find jobs, to enter college, and to become responsible members of the community. El Centro combines intensive, results-oriented classroom instruction with individually-tailored advising and support services that foster self-confidence, vision, and perseverance in all learners it serves.

How you might contribute: Tutor students in English, math, and basic technology skills; assist with completing home assignments and developing communication skills; help to access various support services and community resources; etc.

Hours: Monday-Friday from 9:00am to 4:00 pm.



Catholic Charities Labouré Center

Our Mission: The purpose of Labouré Center Adult Education is to help students meet their educational, personal, economic, and social goals. Many students come to the program to learn enough English to get a job or advance in their current job.

How you might contribute: Serve as virtual tutors, supporting teachers across various subjects; be a conversation partner.

Hours: Monday-Friday between 9:00am-1:00pm and 4:30pm-8:30pm.

Centre Street Food Pantry

Our Mission: The mission of the Centre Street Food Pantry is to provide nutritious food in a dignified and sensitive environment to the residents of west suburban suburbs of Boston, including Newton, Waltham, Brighton, Watertown, Needham, Brookline, and Wellesley. Three part-time staff and a small army of volunteers, oversee delivery of over 45,000 pounds of food to approximately 650 households each month. COVID-19 has required a comprehensive overhaul of operations, and the Pantry is excited to welcome student who are flexible, creative, and care passionately about meeting the needs of our community .

How you might contribute: Students will have the opportunity to attend meetings of the Racial Justice Committee; help in the completion of an informal needs assessment of our Haitian, Brazilian, and Russian shoppers and other residents in the west suburban area; and support the Board of Directors and Racial Justice Committee with grant writing, research, marketing, and other administrative tasks.

Hours: 2-4 hours/week, flexible schedule based on student availability.



Charlesview Residences

Our Mission: Charlesview Inc. is dedicated to advancing the well-being of individuals and families and to promoting the diversity and vibrancy of the Allston-Brighton community. We do this by providing affordable homes, by offering programs designed to enrich, educate, and inspire, and by engaging in innovative philanthropy.

How you might contribute: Virtually work in the Josephine A. Fiorentino Community Center located within Charlesview Residences in the after school program; teach classes to adults and elders in the community

Hours: 4 hours/week, flexible schedule based on mentee schedules.

Children's HealthWatch: The Healthy Families EITC Coalition

Our Mission: The Healthy Families EITC Coalition is a statewide non-partisan network of advocates working to improve the health and well-being of Massachusetts children and families through an increase in the state Earned Income Tax Credit (EITC). The 40+ member coalition is led by Children's HealthWatch at Boston Medical Center and consists of community-based agencies, legal advocates, professional associations, and Massachusetts workers and their families.

How you might contribute: PULSE students will contribute to the work of the HFEC - raising awareness of the need to increase the amount of the existing state EITC to 50% of the federal credit; and making the credit available to immigrant workers with Individual Tax Identification Numbers (ITINs) among other priorities. For example, in the past the coalition has organized hearings, in-district meetings with legislators, letter-writing campaigns, and brought testimony from EITC recipients to lawmakers.

Hours: Tuesday and Wednesday between 9:00am and 5:00pm.



The Clemente Course in the Humanities

Our Mission: The Clemente Course seeks to empower low-income adults through college-level education in the humanities, in an academically engaged community setting.

How you might contribute: PULSE students will support the students, the faculty, and the long-term program goals through attending the classes, engage in tech support, and a variety of other activities.

Hours: Fall semester Tuesday or Thursday between 6:30-8:30pm with additional projects; Monday/Wednesday or Tuesday/Thursday between 6:30-8:30pm with additional projects.

common cathedral

Our Mission: The mission of *common cathedral* is to build community and provide spiritual care to unhoused (homeless) individuals in Boston, and to bridge the gap between housed and unhoused people. Through worship, creative expression and small groups we build intentional meaningful community.

How you might contribute: Work along side the staff virtually assisting with program development, grants, social media. Help to plan virtual events, including the Art Show.

Hours: Varies on the schedule of the student.



Communities for Healthy Living

Our Mission: Since 2017, the Communities for Healthy Living project has been working in Head Start centers across Boston, Cambridge, and Somerville as part of a 5-year NIH-funded intervention study, with the ultimate goal of reducing and preventing childhood obesity. The study's main intervention component is an evidence-based health and empowerment program - Parents Connect for Healthy Living (PConnect) - designed in collaboration with Head Start parents and staff.

How you might contribute: PULSE students will assist in implementing the PConnect program via virtual format, in 16 Head Start programs. From September 2020 through May 2021,

Hours: Monday-Friday hours vary.

Communities Responding to Extreme Weather (CREW)

Our Mission: CREW is a young grassroots organization that aims to build equitable, inclusive neighborhood climate resilience in New England through hands-on education, service, and planning. We prepare people for extreme weather that comes as a result of climate change through pragmatic ways.

How you might contribute: Students would help with event planning, social media outreach, help to edit the quarterly newsletter, and also can help CREW staff reach out to potential organizations that could serve as Resilience Hubs.

Hours: Monday-Friday between 10:00am to 6:00pm



Cotting School

Our Mission: To enable students with special needs to achieve their highest learning potential and level of independence.

How you might contribute: PULSE students may work in the Development Office producing fundraising materials, or in the Marketing Department contributing to outreach and social media efforts. PULSE students may also serve as part of the vocational program, Project Bridges, and Cotting School's student social group, Circle of Friends.

Hours: vary by program.

Courageous Conversations Towards Racial Justice at Boston College

Our Mission: Courageous Conversations Towards Racial Justice at Boston College is a dialogue-centered initiative on racism and privilege designed to address racial healing, equity, and justice.

How you might contribute: PULSE students will be part of the Courageous Conversations Facilitation Team. Each month Facilitation Team members participate in a training workshop and then research, plan, and facilitate a monthly community conversation. Topics have included: The History of Blackface; Systemic Racism; Race & Picturing Our First Stories; and Race & Mapping Public Spaces.

Hours: Hours will average 2-4 per week depending on events, trainings, and community conversations.



Cristo Rey Boston

Our Mission: Cristo Rey Boston is a Catholic high school exclusively serving families of limited economic resources. By offering a rigorous curriculum, a unique work-study experience, and the support of an inclusive community, we prepare our students to succeed in college and beyond with the core values of dignity, perseverance, growth and generosity.

How you might contribute: virtually mentoring/academic tutoring for each 9th grader; additionally, tutors would devote up to 1 hour per week preparing for their tutoring sessions (watching recorded classes as needed, following up with teachers or student). Much of the mentoring will focus on development of good habits (e.g. executive function skills).

Hours: Monday-Friday afternoons. Some flexibility depending on school schedules of Cristo Rey Boston students.

Crossroads Family Center

Our Mission: Crossroads' mission is to support families as they transition from homelessness to independent living and self-sufficiency. Today Crossroads provides shelter, case management, housing search, stabilization services, and food pantry assistance to families experiencing, transitioning from, or families at-risk for experiencing homelessness.

How you might contribute: Spending time with families; assisting case management and re-housing activities, support and participate in activities like crafts, cooking, light exercise, chatting over a meal, birthday parties, housing search, health workshops, budgeting, and much more.

Hours: Monday-Thursday between 2:00pm to 6:00pm.



East Boston Ecumenical Community Council (EBECC)

Our Mission: The East Boston Ecumenical Community Council (EBECC) was founded in 1978 with the mission of promoting racial harmony. Today our community immigrant organization in East Boston promotes the advancement of Latino immigrants of all ages. We do this by way of education, services, advocacy, community organization, and leadership development. Many of the staff members are bilingual and immigrants themselves.

How you might contribute: assist 9th-12th graders remotely with academic help, mentoring, college and career readiness.

Hours: after-school hours will vary depending on Boston Public Schools.

East Boston High School

Our Mission: East Boston High School's mission is to educate, care for, and inspire all students to have the capacity to be successful in their life pursuits. In pursuit of this mission, we work to educate the whole child by providing a variety of supports--not just academically, but also socially, and emotionally. At East Boston High School, building relationships with students is of utmost importance and is the foundation for their successes within and beyond our school community. Our students and staff live by and embody our motto of "Class, Pride, and Tradition."

How you might contribute: Assist teachers in ESL, English, science, Latin or History classrooms remotely during the school day; work one-on-one with students or in small groups during class in breakout rooms; assist teachers with parent/family communication; potentially teach parts of lessons in whole class or small group settings; help hold office hours online .

Hours: Monday-Friday hours vary during the school day.



East Boston Neighborhood Health Center

Our Mission: As one of the largest Community Health Centers in the country, EBNHC strives to provide high quality, personalized, affordable care sensitive to individual needs regardless of ability to pay. Serving an ethnically and culturally diverse population for over 40 years, EBNHC offers a complete range of services from Pediatrics to Geriatrics.

How you might contribute: assist with researching community public health resources; develop an understanding of community resources and community health; assisting remotely with Care Navigation (must be fluent in Spanish)

Hours: Monday-Friday hours vary.

Educational Development Group, Inc.

Our Mission: To prepare new immigrant families with the language and cultural skills needed to access education and employment opportunities. Our work enables immigrant students to maximize their capabilities and build a solid foundation for long-term independence and participation in the fabric of their communities.

How you might contribute: Help immigrants break language barriers by engaging students in casual conversations using English; help to supplement classroom instruction by tutoring one-on-one with students, assisting them with homework, and leading group activities such as educational games; help students fill out job applications; aid students with mock interviews; assist students to pursue higher education by helping with the college application process.

Hours: Monday-Friday between 9:00am-1:00pm, or 11:00am-2:00pm



Elders Living At Home

Our Mission: To support elders (55+) in making the transition out of homelessness, to provide supportive services that build on the individual abilities of elders and to help them overcome the barriers to permanent housing.

How you might contribute: Gain firsthand experience and knowledge of the causes leading an elder towards homelessness; assist elderly individuals in their housing search and other stabilization services; provide support to housing case managers.

Hours: Monday-Friday between 9:00am to 4:00pm.

Greater Boston Interfaith Organization (GBIO)

Our Mission: We are a coalition of 41 congregations, representing more than 50,000 individuals, in Greater Boston. Our mission is to advance the common good of our neighborhoods, city, and commonwealth, by coalescing, training, and organizing people across religious, racial, ethnic, class, and neighborhood lines. We do this by engaging our members in identifying the most urgent problems facing our communities—issues such as police reform, health care costs, affordable housing—and build collective power to address those issues through collective action and policy change.

How you might contribute: PULSE students will have the opportunity to work either at the GBIO office or at two of our member congregations (a Reform Jewish synagogue and a Presbyterian church).

Hours: Flexible; to be negotiated between each individual student and their supervisor.



Haley House

Our Mission: At Haley House, we believe in food with purpose and the power of community. For more than 50 years, Haley House has sought radical solutions to complex societal problems and built innovative models as creative alternatives to the status quo. Begun as a soup kitchen in 1966, Haley House has grown into a multifaceted organization deeply rooted in two Boston neighborhoods: the South End and Roxbury.

How you might contribute: Students will spend time supporting programs remotely and learning about non-profit administration. Office interns will be involved in development support (donation processing and appeals, grant support, special virtual events), communication and marketing projects (annual newsletter, website support, social media), and will assist with special projects.

Hours: Tuesday-Friday between 9:00am to 5:00pm. Schedule should remain consistent weekly as much as possible but is flexible depending on student's schedule.

Harlem Lacrosse-Boston

Our Mission: Harlem Lacrosse’s mission is to empower the children who are most at risk for academic decline and dropout to rise above their challenges and reach their full potential. Harlem Lacrosse inspires children to dream about tomorrow while working hard on the field and in the classroom today.

How you might contribute: Assisting in full team virtual sessions, tutoring middle school students 1 on 1, and helping with attendance and other data entry.

Hours: Monday and Wednesday between 4:00pm-6:00pm OR Tuesday and Thursday between 4:00pm-6:00pm.



Harmon Apartments and B Fit!

Our Mission: We provide services and support for individuals with neurodegenerative disabilities as well as their caregivers via a supportive housing community and outpatient socialization program. Our partnership creates a bridge and continuum of care for the individuals we serve and provides a forum for our participants to share their experiences within an uplifting setting, which helps promote a sense of community, advocacy, spirituality, education, and overall personal wellness.

How you might contribute: PULSE students will work collaboratively with Resident Services at Harmon Apartments as well as the Program Director of the B.Fit! program to assist our participants obtain socialization and wellness services and support via scheduled virtual programs, wellness calls, and/or the design of “at-home together” activities.

Hours: Monday through Friday between 9:00am to 3:00pm and Saturday or Sunday between 3:00-7:00pm

JVS Boston

Our Mission: Empowering individuals from diverse communities to find employment and build careers, while partnering with employers to hire, develop, and retain productive workforces.

How you might contribute: Teach “English for Employment” ESOL to refugees, asylees, and immigrants, and help them with job assistance: job search, applications, resumes and interview preparation.

Hours: Monday-Friday between 9:00am to 5:00pm.



Julie’s Family Learning Program

Our Mission: Julie’s Family Learning Program is a family support, well-ness and education program that is committed to the development of strong, stable, healthy family functioning. Julie’s core program provides services that enable poor, at-risk mothers and their children to transform their lives and become healthy, successful and economically self-sufficient members of their communities. .

How you might contribute: work as tutors with adult learners and school-aged children to help achieve their educational goals. Curriculum research and development office assistance are other needs.

Hours: Monday-Thursday between 10:00am to 7:00pm.

Kids4Peace Boston

Our Mission: K4PB creates just communities through interfaith youth action. We bring together diverse teens of different faith traditions for leadership training, peacebuilding/social justice action, community service, interfaith understanding, and fun! K4PB youth spend the year learning about specific social justice issues in small groups (this year, Racial or Climate Justice), and will implement a service project or an advocacy/lobbying campaign to address this issue, creating tangible change in their communities.

How you might contribute: Serve as a mentor to one project group; attend program meetings and facilitate group discussions; work with your group to help them divide and complete their tasks, remain on schedule, and troubleshoot challenges.

Hours: 3.5 hours of scheduled meetings per month (1.5 hour mentor meetings 1x per month; One youth meeting per month, Sundays from 2-4pm); flexible hours between meetings- you will set your own schedule to mentor your group.



Latino Education Institute - Club Educación

Our Mission: Club Educación is an adult ESL program run through the Latino Education Institute at Worcester State University. The program has been in existence since the early 2000's and currently serves adult learners throughout Worcester County and Central Massachusetts.

How you might contribute: support weekly conversation and classroom support experience. Students will work with Club E learners that have questions related to their classroom learning and English language study.

Hours: Tuesday or Thursday from 5:45pm to 8:15pm. Additional hours may vary according to the needs of the LEI students

Little Brothers Friends of the Elderly

Our Mission: Little Brothers Friends of the Elderly (LBFE) is an international, non-profit, volunteer-based organization committed to relieving isolation and loneliness among the elderly. We offer to people of goodwill the opportunity to join the elderly in friendship and celebration of life.

How you might contribute: Serve as a Team Leader for one Virtual CitySite, planning and implementing a weekly social program for elders; participate in a second Virtual CitySite and engage in programming; make weekly telephone calls to an assigned elder; assist with the planning and preparation of special holiday events; particular need for Mandarin, Cantonese, Spanish, and Russian languages

Hours: Virtual Office Hours and Virtual CitySite sessions can be scheduled Monday-Friday between 10am-5pm; flexible scheduled telephone calls with assigned elder (preferably in that timeframe as well).



METCO: The Metropolitan Council for Educational Opportunity

Our Mission: The Metropolitan Council for Educational Opportunity, Inc. (METCO) provides students with a strong academic foundation rich in cultural, educational, ethnic, socioeconomic, and racial diversity, fostering the opportunity for children from Boston and from neighboring suburbs to develop a deeper understanding of each other in an integrated public school setting. METCO is the nation's largest voluntary school desegregation program.

How you might contribute: virtually provide support in the 'Homework Club'; assist with researching and archiving data for METCO history project, assisting in case management and Enrollment departments.

Hours: afternoons and evenings for the Homework Club; 9:00am-5:00pm for other programs.

Missing Them

Our Mission: A project of the The City (in NYC), Columbia Journalism School and the Craig Newmark Graduate School of Journalism at CUNY, Missing Them helps to tell the stories of New Yorkers who passed away from the novel coronavirus (COVID-19). The coronavirus has killed more than 23,000 New Yorkers so far. But their loss is incalculable. This is a space to remember and honor every person who died-who they were and what they meant to this city.

How you might contribute: researching information on individuals; helping to interview families; learning to write obituaries.

Hours: Monthly and weekly meetings; additional writing and research hours flexible.



Mujeres Unidas Avanzando

Our Mission: Mujeres Unidas Avanzando (MUA) has been meeting the educational needs of low-income Latina girls and women for nearly three decades, helping them build full, self-sufficient lives. Through an integrated educational strategy, we prepare our girls and women for higher education, employment, and personal fulfillment. We offer three levels of English as a Second Language classes, critical computer skills, Hi-SET preparation, a variety of social services, and free daycare for mothers.

How you might contribute: Students will virtually support the ESOL programs as a classroom assistant, a one-on-one tutor, or conversation group facilitator, or in the Hi-SET Program, offering one-on-one tutoring support to MUA students studying for their high school equivalency exams.

Hours: Monday-Thursday between 10:00am-12:00pm week or 1:00pm-3:00pm , two days per week. Must have Spanish fluency to serve in the Hi-Set program.

Nativity Preparatory School

Our Mission: We are an accredited Jesuit middle school (grades 4 to 8) dedicated to providing a quality, tuition-free education to boys of all faiths from low-income families living in Boston's inner-city neighborhoods. We work to inspire in the students a love of learning, an awareness of their own interests and ideas, a fundamental understanding of culture, and an abiding sense of responsibility to their community.

How you might contribute: Provide virtual tutoring to Nativity students in a variety of subjects.

Hours: Monday-Thursday between 4:00pm to 8:00pm; hours may also vary depending on Boston Public Schools.



New Academy Estates/ URIAH

Our Mission: The purpose of New Academy Estates/URIAH (United Residents in Academy Homes) is to combat community deterioration, relieve the poor, lessen the burdens of government, and provide a range of charitable and educational activities in the Roxbury and Egleston Square neighborhoods, which are low-income and predominantly minority neighborhoods of Boston.

How you might contribute: Students will be working virtually with groups of kids or individual tutoring of different ages on homework help and constructive group activities. Student will also help facilitate fun activities with the community coordinator and computer tech coordinator.

Hours: Monday-Friday from 3:00pm to 6:00pm.

Notre Dame Educational Center

Our Mission: An adult education center based in South Boston which provides courses and case management to English language learners, job seekers, and individuals pursuing an alternative course to high school equivalency.

How you might contribute: provide virtual support in the Youth and Adult HiSet classes, as well as the WorkForce Readiness program.

Hours: Monday to Friday, varies by program during the hours of 9:00am and 5:00pm



Paraclete, Inc.

Our Mission: As an after school program, our objective is to foster the intellectual, moral, social and creative growth of its students. It is a diverse and accepting enrichment program for 4th through 8th grade students in South Boston. The overall purpose of the Paraclete program is to build caring and nurturing youth who see a greater purpose in their lives and are living examples of the mission of Paraclete. This dedication to community is unique to Paraclete in that each participant sees a greater purpose to the academic and social activities of the program.

How you might contribute: remote tutoring/homework support while students are attending Paraclete after school., supporting other departments of Paraclete that support the overall mission.

Hours: Monday-Thursday afternoons; hours may also vary depending on Boston Public Schools.

Project Place

Our Mission: The mission of Project Place is to promote hope and opportunity for homeless and low-income individuals by providing the skills, education, and resources needed to obtain stable employment and housing. Volunteers gain a new perspective on the magnitude of the challenges homeless adults face beyond their financial need, whether those challenges are language barriers, learning disabilities, lack of education, mental health issues, or criminal records.

How you might contribute: Work with instructors in the Education Department to support classroom-based workforce development training and credentialing; support clients to develop a resumé, write cover letters, and apply for jobs; provide technology support to clients; Work with the Development Department to support marketing and communications, fundraising, and volunteer engagement.

Hours: Monday-Friday between 9:00am to 5:30pm.



Rafael Hernández After-School Program

Our Mission: The Rafael Hernández After School Program provides youth development programming and promotes social emotional learning in a safe environment where youth can develop their bilingual identity, receive targeted homework support, and explore new interests with caring adults and peers.

How you might contribute: Virtually support K-8th grade students 1:1 with homework in English or Spanish; have the option to lead a club or weekly activity for our students--some volunteer-led clubs include chess club, Chinese language and culture, and board game design.

Hours: Monday-Thursday hours may also vary depending on Boston Public Schools.

Samaritans, Inc.

Our Mission: To reduce the incidence of suicide by alleviating despair, isolation, and suicidal feelings among individuals through active, compassionate listening, and to educate the public about suicide prevention, reducing the stigma associated with suicide. Our service provides confidential, nonjudgmental, and compassionate listening.

How you might contribute: Offer non-judgmental support to those seeking a listening ear, including people in immediate crisis. Our 24-7 volunteer-based Crisis Center provides emotional support to anyone who reaches out to us by phone, chat, and text. PULSE volunteers will offer support specifically using our chat and text services. Samaritans seeks empathetic individuals with non-advice giving (or with a strong desire to develop those skills).

Hours: The center operates on a 24-7 basis. Shifts occur in 4-hour blocks: 7:00am to 11:00am, 11:00am to 3:00pm, 3:00pm to 7:00pm, 7:00pm to 11:00pm, 11:00pm to 3:00am, 3:00am to 7:00am



St. Mark Community Education Program

Our Mission: Our mission is to improve the quality of immigrants' lives and their opportunities and thereby improve the whole community. The program provides 4 levels of English, from beginner to advanced. As students improve their English, they can advocate for themselves and their families, gain better employment, further their education, participate in the U.S. political process and public life, and negotiate their interactions with government, public and private institutions.

How you might contribute: Virtually assist with the ESOL classes, and citizenship classes.

Hours: Monday & Wednesday from 6:00pm-8:00pm (ESOL), Tuesday & Thursday from 6:30pm to 8:30pm, Saturday from 10:00am-12:00pm

St. Mary's Center for Women and Children: Margaret's House, St. Mary's Home

Our Mission: From the heart of Dorchester, we work to transform our community one family at a time, helping to ensure that children, who might otherwise make up the next generation of poverty, have options and bright futures. By focusing our resources and energies on young single mothers, we are able to change the dynamics across the entire community.

How you might contribute: Work as virtual homework helpers for after-school support.

Hours: Monday-Thursday between 2:00pm to 6:00pm.



St. Stephen's After School Program

Our Mission: Our goal is to provide each young person with a comprehensive circle of care that supports them on the road to successful adulthood, fosters their personal and civic engagement, and equips them with the skills they need to be agents of change. In addition to meeting the day-to-day needs of our students, we organize for safer and healthier neighborhoods and schools.

How you might contribute: Virtually support elementary and middle school youth; serve as a fun and supportive role model; foster a love of learning, develop leadership skills, encourage literacy and number sense, and promote creative expression through homework help, reading advocacy, and enrichment programs.

Hours: Monday-Friday between 2:00pm to 7:00pm.

United Way/Age Strong Commission City of Boston

Our Mission: We unite to create positive, lasting change for people in need. We call it harnessing the power of people working together. And that means everyone — individuals, nonprofits, companies, and government agencies. We work every day to achieve our vision and mission by focusing on two foundations of better lives: Financial Opportunity and Educational Success.

How you might contribute: Join a coalition of volunteers in calling 80,000 residents of Boston over 60 years of age, and check in to make sure all of our older residents have access to the food, medication, and assistance they need during this time. These check-ins are often a bright spot not only for recipients, but for volunteers as well.

Hours: Monday-Friday between 9:45am till 6:00pm.



Victory Programs, Inc.

Our Mission: Victory Programs' mission is to open doors to recovery, hope, and community to individuals and families facing homelessness, addiction, or other chronic illnesses. Victory Programs began in 1975 with one 20-bed halfway house in Boston's South End. Since then, we have been committed to meeting the needs of individuals and families in communities throughout Boston.

How you might contribute: assist supported residences staff with activities for residents.

Hours: Monday-Friday late afternoons and evenings.

Watertown Boys & Girls Club

Our Mission: The Watertown Boys and Girls Club works to inspire and enable all young people, especially those who need us most, to realize their full potential as productive, responsible, and caring citizens. We are the single largest nonprofit youth service organization in Watertown serving 1,000 registered members between 7 and 18 years of age, and offering a wide range of activities and programs to fit individual needs.

How you might contribute: Assist club staff in with the Youth Development Program through our Virtual Homework Help & through our various online platforms that will allow us to connect more with our community.

Hours: Monday-Friday between 2:30pm to 7:00pm.



Women's Lunch Place

Our Mission: Women's Lunch Place is a safe, welcoming daytime shelter for women experiencing poverty or homelessness. We offer a supportive and dignified community, healthy meals, and individualized services to empower women to make positive changes in their lives.

How you might contribute: Work with the Development and Advocacy teams in order to analyze data on food insecurity, plan for virtual fall event, and learning the background work that goes into running a nonprofit.

Hours: Monday-Friday between 9:00am to 1:00pm or 1:00pm-5:00pm.

YMCA International Learning Center

Our Mission: The YMCA International Learning Center works to address the needs of English education to immigrants and refugees in the Greater Boston area. We are an adult learning center providing English education to speakers of all fluency levels, TOFEL preparation, computer technology courses, and more to strengthen our community through education and training.

How you might contribute: virtually supporting ESOL classroom assistance, one-on-one English tutoring, conversation group facilitators, basic ‘survival literacy’ tutoring, or one-on-one career and job search support.

Hours: Monday-Wednesday between 1pm-9pm, depending on program.



Youth On Fire

Our Mission: Youth On Fire is a confidential, animal-friendly, LGBTQ-inclusive drop-in center for homeless, at-risk, and street-involved youth ages 14-24. We provide our services through the lens of the Harm Reduction model and believe strongly in meeting people where they are in their lives and letting them set their own goals. YOF strives to help as many youth as possible have healthy lifestyles, stay HIV, STI, and HCV-negative, and seek greater stability through supports, services, and opportunities for leadership and development.

How you might contribute: This remote internship may include but is not limited to: running weekly virtual groups, helping to gather resources to post on our social media, identifying events and trainings that would be helpful for members to attend, keeping up to date on COVID-19 resources for unstably housed youth, gathering available employment listings, etc.

Hours: Monday, Tuesday, Wednesday, and Friday between 11:00am to 5:45pm.

History of Current Community Partnerships

Current Partners (2020-2021)	Years Paired	Years Total
826 Boston	2014-present	7
ABCD Foster Grandparents Program	2020-present	1
Adult Education Program at Bunker Hill Community College	2008-13, 2020-present	6
Allston Brighton Mutual Aid	2020-present	1
Boston College Supported Employment Program	2018-present	3
Boston Housing Authority's Language Access Program	2019-present	2
Boston Housing Authority's Resident Capacity Program	2020-present	1
The Brookline Center for Community Mental Health	2020-present	1
Career Collaborative	2015-present	6
Catholic Charities El Centro del Cardenal	2020-present	1
Catholic Charities Labouré Center	2020-present	1
Centre Street Food Pantry	2020-present	1
Charlesview Residences, Inc.	2014-present	7
Children's HealthWatch: Healthy Families EITC Coalition	2020-present	1
The Clemente Course in the Humanities	2020-present	1

History of Current Community Partnerships

Current Partners (2020-2021)	Years Paired	Years Total
<i>common cathedral</i>	2018-present	3
Communities for Healthy Living	2020-present	1
Communities Responding in Extreme Weather (CREW)	2020-present	1
Cotting School	2020-present	1
Courageous Conversations Toward Racial Justice at Boston College	2020-present	1
Cristo Rey Boston	2020-present	1
Crossroads Family Center	2016-present	5
East Boston Ecumenical Community Council (EBECC)	2007-'09; 2020-present	3
East Boston High School	2018-present	3
East Boston Neighborhood Health Center	1993-present	28
Educational Development Group, Inc. (EDG)	2009-present	12
Elders Living at Home	2012-14, 2017-present	6
Greater Boston Interfaith Organization	2020-present	1
Haley House	1976-present	45
Harlem Lacrosse-Boston	2018-present	3

History of Current Community Partnerships

Current Partners (2020-2021)	Years Paired	Years Total
Harmon Apartments/B Fit!	2020-present	1
JVS Boston	1986-'01; 2016 -present	20
Julie's Family Learning Program	2020-present	1
Kids4Peace Boston	2020-present	1
Latino Education Institute-Club Educación	2020-present	1
Little Brothers Friends of the Elderly	1983-present	38
METCO: The Metropolitan Council for Educational Opportunity	2020-present	1
Missing Them	2020-present	1
Mujeres Unidas Avanzando	2020-present	1
Nativity Preparatory School	1999-present	22
New Academy Estates/URIAH	2019-present	2
Notre Dame Educational Center	1994-2019, 2020-present	27
Paraclete, Inc.	2015-present	6

History of Current Community Partnerships

Current Partners (2020-2021)	Years Paired	Years Total
Project Place	1974-74, 2006-18, 2019-present	15
Rafael Hernández After-School Program	2019-present	2
Samaritans, Inc.	1977-present	44
St. Mark Community Education Program	2017-2019, 2020-present	3
St. Mary’s Center for Women and Children: Margaret’s House, St. Mary’s Home	2011-present	10
St. Stephen’s After School Program	1990-91, 2006-present	16
United Way/Age Strong Commission City of Boston	2020-present	1
Victory Programs	1977-’91; 1996-present	38
Watertown Boys and Girls Club	2019-present	2
Women’s Lunch Place	1991-’95; 2007-’11; 2018-present	11
YMCA International Learning Center (ILC)	2019-present	2
Youth on Fire (YOF)	2001-’09, 2019-present	10

Summary: The Placement Process 2020

1&2) Fill in schedule & explore service options First week of classes

The workbook will walk you through the process of exploring service opportunities that work with your interests and schedule. You should read through the descriptions of our partners and make a preliminary selection of those that interest you. Be sure to explore more detailed information on our current student website.

3&4) Register for Town Meeting & Advisement by Friday 9/4

On the current student website under “Resources for September,” you will fill out the Town Meeting registration form indicating the five partners which most interest you, and book an advisement session.

5) Attend the Town Meeting Wednesday 9/9

Attend information sessions from 7pm to 9pm for five partners that most interest you.

6) Attend advisement Thursday 9/10 & Friday 9/11

Attend the advisement session via Zoom that you booked with a Council Member to discuss PULSE service options.

7) Sign up for tours Saturday 9/12

Sign up for tours on the current student website beginning at 9:00am on Saturday, 9/12.

8) Attend tours Monday 9/14 – Tuesday 9/22

Tour and apply to 3-4 partners that most interest you.

9) Respond to *all* offers by Thursday 9/24 at 1pm

All supervisors will let you know by Wednesday 9/23 if you have an offer to serve at their site. Respond by Thursday, 9/24 at 1pm to *all* those who have made offers. If you have not accepted an offer by 9/24, email pulse@bc.edu

10) Begin service work Monday 9/28

Register your service site and schedule via the link in the “Resources for September” Google folder.

Questions?

- First, refer to our current student website (bc.edu/pulse, click on “PULSE Student Site” sign), particularly in the “Resources for September” Google folder or refer to this workbook.
- If your question is not answered by the website or the workbook, email pulse@bc.edu
- If your question relates to a specific community partner that you are interested in and cannot be answered by the website or the workbook, you can email the council member for that partner directly. The council member for each partner is listed on the website partner descriptions, and the council members’ email addresses are on page 5 of this workbook.





BOSTON COLLEGE
PULSE

CELEBRATING 50 YEARS OF SERVICE

1970-2020



BOSTON COLLEGE
PULSE

CELEBRATING 50 YEARS OF SERVICE

1970-2020

About the Front Cover Art

The front cover art is an original work by Danita Clark, an artist at *common art*.

common art is part of *common cathedral*, which was founded in 1994 and has been a PULSE community partner since 2018.



About the Artist

Boston-based Danita Clark is a proud veteran who loves sharing her artwork with others.

She paints at *common art*, an art program on Newbury Street that provides space, materials, and support staff to homeless and low-income individuals. Danita loves *common art* because it provides her with a positive community and access to art supplies.

Danita says, “Creating art makes me feel connected with humanity.”

The PULSE Program: The Office

The purpose of the PULSE office is to serve students, faculty, and community partners involved with the PULSE Program. In the office, the people you're likely to see there are the assistant director, the director, the graduate assistant, the members of the PULSE Council, and other students enrolled in the program. Please don't hesitate to contact us with your PULSE-related matters.

Physical Location: Stokes 125N

Zoom Location: <https://bccte.zoom.us/j/97012061799>

Office Hours: Monday-Thursday from 8:30am-4:30pm, and Fridays from 8:30am-2:45pm

***Please note:** The physical office and the Zoom link will be open during office hours. Due to physical distancing requirements, a very limited number of people can be in the PULSE office at the same time.

Email: pulse@bc.edu

Website: bc.edu/pulse

Phone: 617/552-3495

The PULSE Program: The Student Website

On the PULSE homepage, click on the icon shown below to access the PULSE student website. There you will find more and in-depth information about community partners, the placement process, etc.





Aurelie Marcelin



Heather Davis



Ann Pan



Ryan Bates



Kemina Julien



Nimsu Ng

"When historians pick up their pens to write the story of the 21st century, let them say that it was your generation who laid down the heavy burdens of hate at last and that peace finally triumphed over violence, aggression and war."
- John Lewis



Elizabeth McColloch



Madeline Murphy



Reem Sulieman



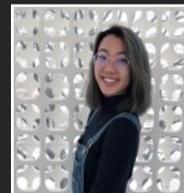
Justin Schnebelen



Christopher Haggerty



Katie O'Connor



Chloe Zhou



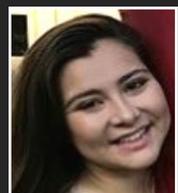
Ayomitunde Adedeji



Olivia Bird



Anna Shin



Emily Hanley



Jonathan Ng