

Justice

Service

PULSE 2022-2023

noel



# PULSE Student Workbook

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**BOSTON COLLEGE**

**PULSE**

# 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 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-two years later, PULSE is an internationally-recognized model program. PULSE now offers 16 core classes and 12 elective courses, partners with over 55 community agencies, and enrolls about 500 students each year.

# The PULSE Program: Who's Who

## PULSE Staff

### **Cooney Family Director**

Meghan T. Sweeney, PhD

Theology Department

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### **Assistant Director**

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### **Graduate Assistant**

Sarah Hansman, MDiv '25

pulse@bc.edu

## PULSE Core Faculty

Stanley Anozie, Philosophy

Matthew Kruger, Theology

Elizabeth Antus, Theology

Julia Legas, Philosophy

Gregory Fried, Philosophy

Joshua Snyder, Theology

Nicholas Hayes-Mota, Theology

Meghan T. Sweeney, Theology

Suzanne Hevelone, Theology

Mary Troxell, Philosophy

James Weiss, Theology

## PULSE Electives Faculty

Patrick Byrne, Philosophy

David Manzo, Philosophy

Alexis Rizzuto, Philosophy

Marina McCoy, Philosophy

# The PULSE Program: Who's Who

## PULSE Council 2022-2023

The PULSE Council consists of eighteen students who have taken the PULSE core course 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 core student's class attendance/participation grade***). These meetings provide PULSE students with an opportunity to discuss issues in depth that pertain specifically to their PULSE service site.

**Alan Chang**

*changwg@bc.edu*

**Aiden Fleming**

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**Annie Zitella**

*zitella@bc.edu*

# Information for Your Year in PULSE

## **Class, Discussion, & Service Schedules**

- \* You **must** be registered via EagleApps for at least one of the discussion times that correlates with your PULSE section.
- \* Your class and PULSE service schedules are **expected to remain the same** for the fall and spring semesters.
- \* Switching your PULSE service schedule is **only possible with approval** from your PULSE supervisor and the PULSE office.
- \* **When BC classes are in session, PULSE 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 may not friend, follow, post any information about, engage with any individuals from their PULSE service sites, etc. on social media.

# Information for Your Year in PULSE

## **Professionalism in Service**

Professionalism is composed of several 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 PULSE supervisor how to dress and act appropriately for service regardless of the format you are serving in (i.e in person or hybrid, etc.), and be receptive to their feedback.**

## **Engaging in Service**

### **\* Street Smarts Presentation**

Please attend or watch the Streets Smart presentation. Even if you're familiar with being and traveling in public spaces, it's helpful to learn about or remind yourself of best practices. And you may learn something new!

### **\* Engaging in Public Spaces**

As young adults who are functioning in public spaces and ways more so, and differently than, you might have in high school, you may encounter people or situations that give rise to thoughts and feelings in you of discomfort or embarrassment, and that may stretch your understanding of appropriate interpersonal interactions, etc. *While PULSE will stretch you – that is an essential part of learning! – please do tell your community partner supervisor, or your PULSE professor, or a member of the PULSE staff if there's something that creates discomfort for you beyond which you are able to address on your own and/or should address on your own (if nobody knows, then nobody can talk with you about it).*

### **\* Respecting Community Partners**

Each PULSE community partner will likely have rules about how things are to be done, how staff and volunteers are to comport themselves, what situations to report, etc. Even if you don't understand or agree with a rule, please respect and follow the rules of the system you're in because they likely exist for the benefit of everyone, including you.

# **Information for Your Year in PULSE**

## **Key Dates for PULSE, Fall 2022**

9/7	Mandatory PULSE Town Meeting (7-8:30pm)
9/8 & 9/9	Mandatory Advisement
9/12-9/20	Tour Period
9/21	Street Smarts - BCPD teaches practical safety tips
9/22	Respond to all offers
9/26	PULSE Service begins for Fall 2022
9/23-9/30	CharlieCard distribution for fall PULSE service
10/11	BC follows a Monday schedule
10/21	Learning Work Agreements (LWAs) due
10/26	Heather McGhee lecture (7pm, Gasson 100)
12/9	Last day for fall PULSE service
Every Tuesday	Weekly PULSE-Y Email

# Information for Your Year in PULSE

## Key Dates for PULSE, Spring 2023

1/17	PULSE Service begins for Spring 2023
1/17-1/24	CharlieCard distribution for spring 2023 PULSE service
2/3	Optional LWA Addendum due
4/18	BC follows a Monday schedule
5/4	Last day for spring PULSE service
Every Tuesday	Weekly PULSE-Y Email

# How to Use this Workbook

## 1) Fill in Your Schedule

Page 15

Your schedule plays 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 PULSE Community Partners

Page 24

With over 55 community partners, there are many agencies where you may be able to serve. Scan the QR code on page 24 to go directly to the list of community partners or visit [www.bc.edu/pulse](http://www.bc.edu/pulse) and click on the ‘PULSE Student Site’. Take notes on page 16.

## 3) Register for Town Meeting

by Friday 9/2

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

## 4) Book an Advisement Session

by Friday 9/2

Book a mandatory online advisement session 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 17. All advisement sessions are in local Boston time and via Zoom at: <https://bccte.zoom.us/j/97012061799>

## 5) Attend the PULSE Town Meeting

Wednesday 9/7, 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 3 information sessions about the 3-4 partners for which you registered. Take notes on pages 18-19.

## 6) Attend Advisement

**Thursday 9/8 & Friday 9/9**

During a 15-minute session, PULSE Council members will help you to explore which PULSE 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 20-21.

## 7) Tour Community Partners

**Monday 9/12– Tuesday 9/20**

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 Saturday 9/10. Take notes on page 22-23.

- 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 9/21**

- By Wednesday 9/21, 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 9/22 at 1pm *at the latest*, you must respond to ***all*** offers, whether you are accepting or declining.
- Once you have accepted an offer from a PULSE Community Partner:
  - Register your PULSE service site online via the link in the PULSE Google folder.
  - Start PULSE service the week beginning Monday September 26th!

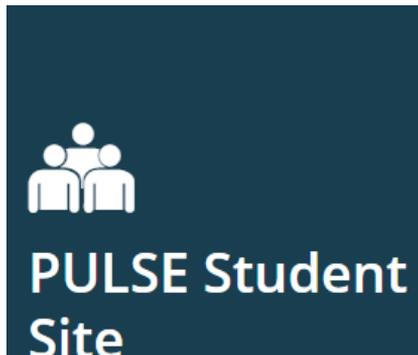
**Note: Once you accept an offer, you are committed to that partner and schedule for the *entire* year. You cannot switch your PULSE service site once you have accepted an offer.**

If you have not accepted an offer by 9/22, email [pulse@bc.edu](mailto:pulse@bc.edu)

## Step 1: Fill in Your Schedule

It is very important to keep your schedule in mind during the placement process. Including transportation, you will need to keep two approximately 6-hour blocks or one approximately 10-hour block open each week preferably during the hours of Monday-Friday 8am-7pm, in order to complete 8 hours of on-site service plus travel.

- 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 activity.***
- Review this schedule to map out when you will complete your service, remembering to include about an hour or so of travel time on both ends of your service.
- The BC shuttle and the MBTA trains and buses can sometimes be unpredictable. Be aware of this when planning your service time. ***Always overestimate how long your travel will take, especially when you start your service and are learning the route.***
- **Remember:** You are committing to this PULSE Community Partner for the entire year with the schedule you choose in the fall. Schedule changes cannot be made unless approved by your PULSE 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 PULSE Community Partners

Use the space below to mark down PULSE Community Partners you are interested in once you have researched all the PULSE Community Partners on the PULSE Student Site.

### **Community Partners I am interested in:**

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### **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 four 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 9/2

Be sure to register for Town Meeting and to book an advisement session by Friday, 9/2. Attending both the Town Meeting and your booked advisement session is **mandatory**.

I have registered for the Town Meeting, including the four 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:**

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### **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](mailto: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 9/7**

**PULSE Community Partner 1:** \_\_\_\_\_

**Supervisor:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Tour Times:** \_\_\_\_\_

**Council Member:** \_\_\_\_\_ **Email:** \_\_\_\_\_

Notes:

**PULSE Community Partner 2:** \_\_\_\_\_

**Supervisor:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Tour Times:** \_\_\_\_\_

**Council Member:** \_\_\_\_\_ **Email:** \_\_\_\_\_

Notes:

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

**PULSE Community Partner 3:** \_\_\_\_\_

**Supervisor:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Tour Times:** \_\_\_\_\_

**Council Member:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Notes:**

**PULSE Community Partner 4:** \_\_\_\_\_

**Supervisor:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Tour Times:** \_\_\_\_\_

**Council Member:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Notes:**

**Step 6: Attend Advisement on Zoom**  
**Thursday 9/8 or Friday 9/9**

**Additional PULSE Community Partners to consider:**

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**You can begin signing up for tours on the current student website on Saturday 9/10 at 9:00am. An email will be sent to all PULSE sections indicating when tours are ready to view and sign up for.**

## Step 6: Continuing notes during Advisement

**PULSE Community Partners I want to tour:**

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**You can begin signing up for tours on the current student website on Saturday 9/10 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 PULSE Community Partners**

**Monday 9/12 through**  
**Tuesday 9/20**

**Tour 1:** \_\_\_\_\_

**Notes:**

**Tour 2:** \_\_\_\_\_

**Notes:**

**Tour 3:** \_\_\_\_\_

**Notes:**

**Tour 4:** \_\_\_\_\_

**Notes:**

**Step 7: Tour PULSE Community Partners**

**Monday 9/12 through**  
**Tuesday 9/20**

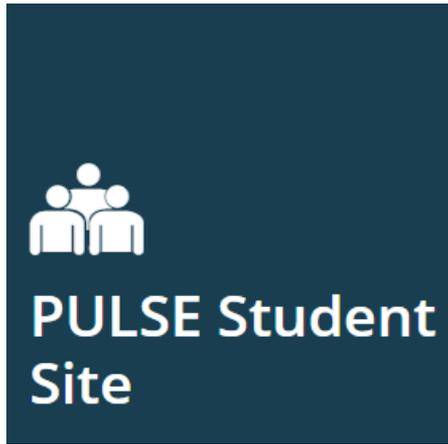
**Tour 5:** \_\_\_\_\_

**Notes:**

## **PULSE Community Partners**

*For a Full List of PULSE Community Partners please refer to the “PULSE Student Site” 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.*

***[www.bc.edu/pulse](http://www.bc.edu/pulse)***



*This QR code below will also take you directly to the list of PULSE Community Partners.*





**BOSTON COLLEGE**

**PULSE**

## History of Current Community Partnerships

Current Partners (2022-2023)	Years Paired	Years Total
826 Boston	2014-present	9
ABCD AmeriCorps Senior Foster Grandparents Program	2020-present	3
ABCD Inc.	1976-1977, 2010-2020, 2021-present	13
The American Red Cross Boston Food Pantry	2022-present	1
Asian American Civic Association	2005-2013, 2022-present	9
BCYF Mildred Avenue Community Center	2016-2020, 2021-present	6
Boston College Supported Employment Program	2018-present	5
Boston Green Academy	2021-present	2
Boston Partners in Education	2022-present	1
Boys and Girls Clubs of Dorchester	2021-present	2
Brighton High School	2021-present	2
The Brookline Center for Community Mental Health/BRYT Program @Brookline High School	2020-present	3

## History of Current Community Partnerships

Current Partners (2022-2023)	Years Paired	Years Total
The Campus School at Boston College	1971-1972, 1976- 2020, 2021-present	47
Cathedral High School	1973-75, 2022-present	3
Catholic Charities Labouré Center	2020-present	3
Catholic Charities Teen Center at St. Peter’s	2009-2020, 2021-present	13
Centre Street Food Pantry	2020-present	3
Charlesview Residences, Inc.	2014-present	9
<i>common cathedral</i>	2018-present	5
Community Caring Clinic	2022-present	1
Community Work Services	2020-present	3
Cristo Rey Boston	2020-present	3
Crossroads Family Center	2016-present	7
East Boston High School	2018-present	5
East Boston Neighborhood Health Center	1993-present	30
The English High School	2021-present	2

## History of Current Community Partnerships

Current Partners (2022-2023)	Years Paired	Years Total
EVkids	2022-present	1
Gardner Pilot Academy	2022-present	1
Haley House	1976-present	47
Harlem Lacrosse-Boston	2018-present	5
Hernández After-School Program	2019-present	4
James Otis Elementary School	2005-2020, 2021-present	17
John M. Barry Boys and Girls Club	2019-2020, 2021-present	3
Julie's Family Learning Program	2020-present	3
JVS Boston	1986-2001, 2016-present	22
Little Brothers Friends of the Elderly	1983-present	40
Mission Grammar	2022-present	1
MissionSAFE	2000-2003, 2022-present	4

## History of Current Community Partnerships

Current Partners (2022-2023)	Years Paired	Years Total
Mother Caroline Academy and Education Center	2022-present	1
Mujeres Unidas Avanzando	2020-present	3
Nativity Preparatory School	1999-present	24
New Academy Estates/URIAH	2019-present	4
Newton Food Pantry	2022-present	1
Notre Dame Education Center	1994-2019, 2020-present	29
Oak Square YMCA	2002-2005, 2018-2020,	7
The Outdoor Church in Cambridge	2021-present	2
Pine Street Inn	1976-2020, 2021-present	46
Project Bread's FoodSource Hotline	1989-2019, 2022-present	31
Project Citizenship	2021-present	2

## History of Current Community Partnerships

Current Partners (2022-2023)	Years Paired	Years Total
Project Place	1974-1975, 2006-2018,	17
Rosie's Place	1976-2020, 2022-present	45
Samaritans, Inc.	1977-present	46
St. Francis House	1987-2020, 2021-present	35
St. Stephen's Youth Programs	1990-1991, 2006-present	18
Suffolk County House of Corrections	1993-2020, 2021-present	29
United South End Settlements	2015-2019, 2021-present	6
Watertown Boys and Girls Club	2019-present	4
West End House	2002-2013, 2014-2020,	19
Women's Lunch Place	1991-1995, 2007-2011, 2018-present	13
The WorkForce	2008-2020, 2021-present	14

# History of Current Community Partnerships

## Partners accepting PULSE Elective students (2022-2023)

*\*subject to change*

826Boston

Boston HealthCare for the Homeless Foot  
Clinic

Catholic Charities Laboure Center

Catholic Charities Teen Center at St. Peter's

Cristo Rey Boston

East Boston High School

Haley House

James Otis Elementary School

Little Brothers' Friends of the Elderly

Mujeres Unidas Avanzandos

St. Stephen's After School Program

Watertown Boys and Girls Club

Women's Lunch Place

The WorkForce

# Summary: The Placement Process 2022

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

The workbook will walk you through the process of exploring PULSE 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 at [www.bc.edu/pulse](http://www.bc.edu/pulse)

## **3&4) Register for Town Meeting & Advisement**      by Friday 9/2

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

## **5) Attend the Town Meeting**      Wednesday 9/7

Attend information sessions from 7pm to 8:30pm for partners that most interest you.

## **6) Attend advisement**      Thursday 9/8 & Friday 9/9

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

## **7) Sign up for tours**      Saturday 9/10

Sign up for tours on the current student website beginning at 9:00am on Saturday, 9/10.

## **8) Attend tours**      Monday 9/12 – Tuesday 9/20

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

## **9) Respond to *all* offers**      by Thursday 9/22 at 1pm

All supervisors will let you know by Wednesday 9/21 if you have an offer to serve at their agency. Respond by Thursday, 9/22 at 1pm to *all* those who have made offers. If you have not accepted an offer by 9/22, email [pulse@bc.edu](mailto:pulse@bc.edu)

## **10) Begin PULSE service work**      Monday 9/26

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

## Questions?

- First, refer to our current student website ([www.bc.edu/pulse](http://www.bc.edu/pulse), click on “PULSE Student Site” sign), particularly in the “Resources for September” Google folder or refer to this workbook. You may also scan the QR code below to directly view descriptions of PULSE Community Partners.
- If your question is not answered by the website or the workbook, email [pulse@bc.edu](mailto:pulse@bc.edu)
- If your question relates to a specific PULSE community partner that you are interested in and cannot be answered by the website or the workbook, you can email the PULSE 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 7 of this workbook.



## About the Front Cover Art

The front cover art is an original work by Noel Cortez, 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

Noel Cortez paints at *common art*, an art program on Newbury Street that provides space, materials, and support staff to unhoused and low-income individuals.

In the artist's own words:

*"The friends I have on the street told me about the common cathedral programs at Emmanuel Church. I've been coming to common art for 5 years. I like to write, draw, and paint and I also like to eat and drink the coffee. I am originally from El Salvador.*

*I want people to know that homelessness is a very painful condition. We are dispossessed of our most essential needs, and we need to be promptly heard and above all attended to."*

The PULSE Program is most grateful to Noel for sharing his gifts with PULSE.

## Noel Cortez at *common art*



Learn more about *common art* in this article:

<https://www.bostonglobe.com/2021/08/04/arts/where-artists-always-have-creative-home/>

## **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-4:00pm, and Fridays from 8:30am-2:45pm

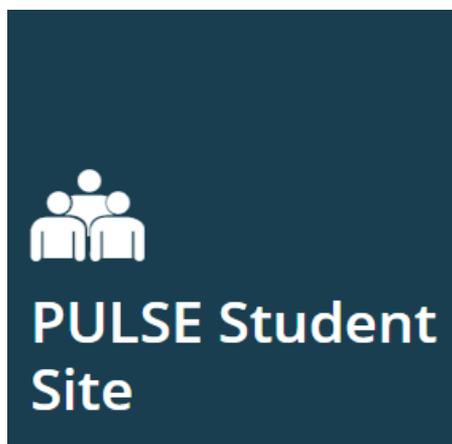
Email: [pulse@bc.edu](mailto:pulse@bc.edu)

Website: [bc.edu/pulse](http://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.





**BOSTON COLLEGE**

**PULSE**



Annie Zitella



Kevin Latu



Lupita Peralta



Alan Chang



Maggie McDonough



Aiden Fleming



Adalyn Schommer



Olivia Lane



Emma Rahilly



Shruthi Sriram



Louie Franzese



Yuting Jiang



Kalindi Keffeler



Reem Sulieman



Ancesa Wermers



Lauren Vanderslice



Rachel Ruggera



Brooke Leeman

*"The arc of the moral universe is long, but it bends toward justice."*

*- Martin Luther King, Jr.*



PULSE Council 2022-2023