Journal Assignments are designed to provide a forum within which you can have some experience with and gain knowledge from experiences that you might not encounter in your daily life. This will help to expand and broaden concepts and issues you are studying in class and through reading. Hopefully this will result in a broadening of your perspective on social problems in society.

You must complete two (2) journal assignments. Below is a menu from which you can choose. You may choose Item 11 in the list in order to create your own topic for a maximum of one of the two entries.

If you elect the student-created option you must discuss your proposed entry(s) with the professor prior to doing the work. You must write a single paragraph description of your proposed entry(s) and obtain the professor’s signature at least one full week prior to the journal submission due date. When the entry(s) is turned in please attach the approval sheet. Student-created entries must conform to the general goal of the assignment, which means demonstrated connection to the course and social issues.

Occasionally, students will be asked to make informal presentations based on one of the journal assignments they have completed as part of classroom participation requirements. These presentations may occur at any point during the course after the first set of entries has been submitted.

Journal entries must be double spaced, 12-point font, approximately 3 pages in length, and submitted in the appropriate assignment designation within SacCT.

Be sure to write your assignment by including an introduction, body of the discussion, and conclusion.

After describing (or summarizing) and critiquing your experience, you should discuss how the entry affected your perspective regarding the social issue related to the experience.

Below is a menu of eleven (11) approved entry items from which you may choose.

Item 1: Attend a meeting of a community or neighborhood association.

Select a neighborhood or community association and find out when their regularly scheduled meetings are. Attend at least one of their open meetings. Then write a short paper (approximately 3 pages) where you first identify the association and give a bit of background on this organization as well as the community in which it is a part. Secondly, summarize the issues of concern, how the group functions, as well as what roles the community, individuals, and/or policy makers could and/or do play in this group. Finally, address what you could or
should contribute as well as in what ways can you connect issues that are being discussed by this group to those discussed in the text, class, guest speakers, etc.

Be sure to write your assignment by including an introduction, body of the discussion, and conclusion.

After describing (or summarizing) and critiquing your experience, you should discuss how the entry affected your perspective regarding the social issue related to the experience.

**ITEM 2: EXPLORE THE DEMOGRAPHICS OF THE ELDERLY IN THE COMMUNITY YOU ARE CURRENTLY IN AND THE SERVICES AVAILABLE TO SENIORS.**

Review demographic information regarding “the elderly” in Sacramento County you’re your home community. This should include how “elderly” is conceptualized, age range, gender breakdown, race/ethnic breakdown, etc. In a short paper (approximately 3 pages) summarize your findings regarding these demographics and the services available. What are the various ways in which "aging" is defined by available services and resources? How does this compare with what is in the text? What are ways in which seniors are actively contributing to society? What services and resources seem to be missing? Finally, connect issues that are being discussed in the text, class, guest speakers, etc. to what you have discovered.

Be sure to write your assignment by including an introduction, body of the discussion, and conclusion.

After describing (or summarizing) and critiquing your experience, you should discuss how the entry affected your perspective regarding the social issue related to the experience.

**ITEM 3: VISIT TO A LOCAL SERVICE AGENCY.**

Identify a service agency in Sacramento or your home community. You will want to visit this agency and meet with an administrator (i.e., Executive Director, Deputy Director, Program Administrator). After your meeting write a short paper (approximately 3 pages) in which you identify the mission of the agency as well as the roles of service utilized within that setting or program. What social issue does the agency seek to address? Summarize your visit and observations including how the experience has impacted you. Would you want to work for that agency? Why or why not? OR How could you collaborate with this agency in order to impact the social issue at hand?

Be sure to write your assignment by including an introduction, body of the discussion, and conclusion.

After describing (or summarizing) and critiquing your experience, you should discuss how the entry affected your perspective regarding the social issue related to the experience.
ITEM 4: ATTEND A SELF-HELP OR SUPPORT GROUP MEETING.

Attend an area self-help or support group meeting (i.e., AlAnon, AA, grief support). Be sure you are attending an “open meeting”. The write a short paper (approximately 3 pages) in which you identify what issue this group addresses. Why and how does the group meet? Summarize your experience and observations. Do you think this group is helpful to its participants? Would you refer a client to the group? Why or why not? Be sure that you attend an "open" meeting and not a "closed" one. In what way(s) do you think this group process connects with aspects discussed in your text, in class, etc.?

Be sure to write your assignment by including an introduction, body of the discussion, and conclusion.

After describing (or summarizing) and critiquing your experience, you should discuss how the entry affected your perspective regarding the social issue related to the experience.

ITEM 5: VOLUNTEER TO WORK FOR A DAY, OR EVENING IN A SOUP KITCHEN, FOOD PANTRY, OR SHELTER.

What common needs do the clients present? Summarize your experience. Summarize the issues of concern, how the group functions, what roles the community, individuals, and/or policy makers could and/or do perform and what you could or should contribute.

Be sure to write your assignment by including an introduction, body of the discussion, and conclusion.

After describing (or summarizing) and critiquing your experience, you should discuss how the entry affected your perspective regarding the social issue related to the experience.

ITEM 6: IDENTIFY A MENTAL HEALTH SERVICE ORGANIZATION.

Investigate and discover a mental health service organization’s access points for clients and/or families. What are the roles and responsibilities of workers who work there? What specific mental health issues does this organization address? Write a short paper (approximately 3 pages) in which you analyze your findings (what are the strengths and weaknesses) and summarize. Include your reactions.

Be sure to write your assignment by including an introduction, body of the discussion, and conclusion.

After describing (or summarizing) and critiquing your experience, you should discuss how the entry affected your perspective regarding the social issue related to the experience.
**ITEM 7: IDENTIFY A LOCAL EDUCATIONAL PROJECT AND EXPLORE HOW OTHER PROFESSIONALS COULD BE INVOLVED.**

Explore various educational programs/projects throughout Sacramento or your home community. Drug and alcohol prevention or teen pregnancy programs can be considered for this topic as well as other educational projects (you are not limited to these two types of programs). Summarize your findings in a short paper (approximately 3 pages). Describe the project and explore who is involved, who else should/could be involved. In what ways do you think the program/project is addressing the issue it sets out to address?

Be sure to write your assignment by including an introduction, body of the discussion, and conclusion.

After describing (or summarizing) and critiquing your experience, *you should discuss how the entry affected your perspective regarding the social issue* related to the experience.

**ITEM 8: REQUEST A COPY (OR ACCESS IT ON THE INTERNET) OF CURRENT PENDING SOCIAL LEGISLATION FROM YOUR LEGISLATOR OR A PIECE OF SOCIAL LEGISLATION THAT HAS PASSED IN THE LAST 9 MONTHS.**

Explore current or recently passed legislation in the State of California or at the federal level. Request a copy or access it on-line. In a short paper (approximately 3 pages) summarize the issue the legislation aims to address and overall the points in the legislation. Review and critique the bill indicating your analysis of its strengths and weaknesses. Specify any implications for access and delivery of services this legislation may have for our surrounding community.

Be sure to write your assignment by including an introduction, body of the discussion, and conclusion.

After describing (or summarizing) and critiquing your experience, *you should discuss how the entry affected your perspective regarding the social issue* related to the experience.

**ITEM 9: GO TO A PUBLIC WELFARE OFFICE TO FIND OUT WHAT’S INVOLVED IN APPLYING FOR PUBLIC ASSISTANCE. (FOR ANY SERVICES OR CONTACT BEYOND COMPLETING AN APPLICATION, IT MIGHT PROVE BENEFICIAL TO MAKE OTHERS AWARE OF YOUR ROLE AS A STUDENT AS YOU COMPLETE THE PROCESS.)*

Locate a public welfare office in the area where one can go to apply for public assistance. Go to that office and obtain application forms related to public welfare services. Sit in the office area to fill out the application while also observing the interactions of people in the office. In a short paper (approximately 3 pages) summarize your experience and observations. What did you learn from the experience? Did you have any difficulties in obtaining the information or in completing the form? Did any of your perceptions of public welfare change?

*Remember, unless you are truly applying for services do not submit your form/application.*
Be sure to write your assignment by including an introduction, body of the discussion, and conclusion.

After describing (or summarizing) and critiquing your experience, you should discuss how the entry affected your perspective regarding the social issue related to the experience.

**ITEM 10: CONSIDER ONE OF THE FOLLOWING TOPICS AND FOLLOW IT THROUGH THE MEDIA (I.E., TELEVISION, NEWSPAPER ARTICLES, ETC.) FOR ONE MONTH.**

A. Aids
B. Abortion
C. Death Penalty
D. Gang Violence
E. Child Welfare or Protective Services
F. Same Sex Marriage
G. Health Care

After following this issue in the media for a month write a short paper (approximately 3 pages) in which you summarize the social policy and practice issues from the media information you obtain. Include a critique of the media presentation on the topic.

Be sure to write your assignment by including an introduction, body of the discussion, and conclusion.

After describing (or summarizing) and critiquing your experience, you should discuss how the entry affected your perspective regarding the social issue related to the experience.

**ITEM 11: CREATE A TOPIC OF YOUR OWN CHOOSING AND DEVELOP AN ENTRY BASED ON THIS TOPIC.**