

# Season of Service Guide

How to make your service experience amazing in 4 steps:



1. Wear your Bronco best. Red, white, grey, whatever: Show off your SCU pride!



2. Take pictures. Candid shots, posed shots, fun shots! However it looks, capture and share them with us!



3. Share your impact. Post on social media using #SCUSeasonOfService or fill out our form!



4. Reflect. Reflection helps us carry our service work forward. Need some inspiration to get started? Check out page 2 of this guide!

*Bonus: bring the crowd! If you want help promoting your cause to alumni in your area, visit [scu.edu/alumni/seasonofservice](http://scu.edu/alumni/seasonofservice)*

# SCU Season of Service Reflection Guide

*A Jesuit journey of being “people for and with others.”*

## Pre-Service: Setting Intentions

*Pause and ground yourself before beginning your work.*

- **Set the Stage:** Honor the organization’s mission and your specific tasks.
- **Curiosity:** What are you looking forward to learning today?
- **Mindset:** What emotions are you carrying as you enter this space?
- **Cura Personalis:** How will you care for the whole person-mind, body, and soul?
- **Accompaniment:** How will stories of those you accompany guide you today?
- **Intention:** How will you show up as a person for and with others?
- **Presence:** What concrete steps will you take to be truly present?
- **Openness:** How will you remain receptive to unexpected lessons?
- **Witness:** What details about the space or people deserve your attention?

## Post-Service: Meaning-Making

*Process your experience to find insight and growth in all things and all people.*

- **Observation:** What specific moment, conversation, or face stood out to you?
- **Kinship:** How did you move from "doing for" to being with others today?
- **Shift:** How did your initial feelings or pre-conceived notions change?
- **Evidence of Care:** Where did you witness *Cura Personalis* in action?
- **Connection:** What was your key takeaway or moment of connection?
- **Integration:** How will you carry this lesson into your campus or family life?
- **Internalization:** What personal growth or internal shifts do you recognize?
- **Advocacy:** How might you continue to engage in service after today?
- **Gratitude:** What are you grateful for from this day’s service?

## Closing

Reflection is the bridge between a simple task and a transformative experience. We hope these prompts helped you find deeper meaning in your work today. As you depart, carry the spirit of *Cura Personalis* with you, allowing your service to inform not just what you do, but who you are becoming.

