

National Honor Society ~ Candidate Info

Catalina Foothills High School

The National Honor Society was organized in 1921 by the National Association of Secondary School Principals (NASSP) to “recognize and encourage academic achievement while developing other characteristics essential to citizens in a democracy.” Over 15,000 chapters are active in high schools across the United State and the CFHS chapter was chartered on March 22, 1994, by NASSP.

NHS membership is selective and, at CFHS, open to students who have maintain a minimum cumulative 3.75 grade point average after 3rd semester and enroll in/complete at least two Honors / AP credits per year. Additionally, potential members must meet high standards of leadership, service, and character. Evaluation and selection are done by a Faculty Council which considers each candidate’s achievements and behavior during high school. Attendance and discipline records are reviewed, and all high school staff members are invited to comment on each candidate.

Once inducted into NHS, each member is expected to attend all meetings and to participate in service projects and activities. Furthermore, each member is expected to maintain high scholastic achievement and to provide exemplary leadership and continuous service to the school and community. Membership in NHS is an honor and a responsibility.

*Please note: NHS membership is **NOT** a factor in and of itself in college admissions. Do not pursue NHS membership if that is your primary motivation. Also, do not pursue NHS membership if you are too busy to meet the time commitments or are otherwise not genuinely interested in service.*

CFHS NHS Membership Expectations:

- Serve 1 to 2 hrs a month in the Nest
- Participate in an NHS service event each quarter
- Attend regular NHS meetings
- Other NHS activities as determined

NHS Selection Timeline:

December 6 or 9	Info Sessions
Wednesday, Dec 18	<u>Candidate Packet</u> (sigs, activities) due to Counseling Office by 3:45 pm
Monday, Jan 13	<u>Essay</u> due to Counseling by 3:45 pm, <u>Service Summary/Ref</u> also if complete
February 16	<u>Service Event</u> final deadline Summary/Reflection due within one week of activity and no later than midnight Feb 16. If using Aug 1 – Dec 9 event, Summary is due with essay by Jan 13.
January-February 14	<u>Nest session</u> (30 min) complete <ul style="list-style-type: none">▪ <i>Suggested distribution: A-G Jan 5-17, H-R Jan 20- 31, S-Z Feb 3-14</i>▪ <i>Do not need to sign up in advance, just show up for 30 min before or after school, or during a free period or Study Hall</i>▪ <i>Must introduce self as candidate to Mr. Krutzsch so completion can be noted</i>▪ <i>Do not go with a friend – this is meant to be independent</i>▪ <i>Must complete this requirement <u>no later than Feb 14.</u></i>
Mid-March	Notification
March TBA	Induction (pre-induction meeting week prior)

Instructions for completing the NHS candidacy materials:

1. **Keep this first page for your information. Do NOT turn in this first page with your materials.**
2. Your responses should be printed neatly in ink. Consider first drafting your responses on scratch paper so that your final submission may be free of errors. **You may download Word copy from website.**
3. As with all applications, we suggest you make a photocopy of your completed materials prior to submission for your personal files.

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Characteristics

Scholarship ~ Leadership ~ Service ~ Character

The student who exercises **SCHOLARSHIP:**

1. Is creative, curious, analytical, responsible, participatory, an active learner not a passive recipient...

The student who exercises **LEADERSHIP:**

1. Is resourceful in framing and reframing new problems, applying principles, and making suggestions.
2. Demonstrates initiative in promoting school activities.
3. Exercises influence on peers in upholding school ideals.
4. Contributes ideas that improve the civic life in school.
5. Is able to delegate responsibilities.
6. Exemplifies positive attitudes.
7. Inspires positive behavior in others
8. Demonstrates academic initiative.
9. Successfully holds school offices or positions of responsibility, conducting business effectively and efficiently, and, without prodding, demonstrates reliability and dependability.
10. Is a visionary in the classroom, at work, and in school or community activities.
11. Is thoroughly dependable in any responsibility accepted.

The student who **SERVES:**

1. Is willing to uphold scholarship and maintain loyal school attitude.
2. Participates in some outside activity: Scouting; faith-based organizations; volunteer services for senior citizens, the physically or mentally challenged, the economically disadvantaged, or others in the community and beyond the school, etc.
3. Works well with others and is willing to take on difficult or less conspicuous responsibilities.
4. Cheerfully and enthusiastically renders requested service to the school.
5. Is willing to represent the class or school in interscholastic events.
6. Does committee and staff work with energy and attention to detail.
7. Shows courtesy by assisting visitors, teachers, and students.

The student of **CHARACTER:**

1. Takes criticism willingly and accepts recommendations graciously.
2. Consistently exemplifies desirable qualities of behavior (cheerfulness, friendliness, poise, stability, courtesy, respect, concern).
3. Upholds principles of morality and ethics.
4. Cooperates by complying with school regulations concerning property, programs, office, halls, etc.
5. Demonstrates the highest standards of honesty and reliability.
6. Observes instructions and rules, is punctual, and is trustworthy both inside and outside the classroom.
7. Demonstrates concentration and sustained attention as shown by perseverance and application to studies.
8. Manifests truthfulness in following rules, not cheating, and not profiting by the mistakes of others.
9. Actively works to eliminate destructive influences affecting the school environment.

NHS Service Event Info – Fall 2019 Candidates

Guidelines:

- Fall 2019 NHS candidates must have participated in at least one community service event between July 1, 2019, and February 16, 2020. The event participation needs to take approximately 3 hours.

A Service Event Summary/Reflection must be typed and submitted per the following guidelines to receive service credit. Include the following information:

- Your name
- Day/Date and start and end time of your service participation
- Name of Agency/Organization for which you volunteered
- Address, phone number, website of Agency/Organization
- Name of the event coordinator/site contact who can be reached to verify participation
- Name (or type) of Event / Activity participated in and its purpose
- A narrative that includes the following:
 - A paragraph describing the Purpose/Mission/Goals/Activities of the Agency/Organization (research their website or inquire)
 - A paragraph including a description of the event or activity and a couple sentences describing your role/the tasks performed
 - A paragraph or two (at least 10 sentences) of personal reflection re the event/agency. Describe what you learned about our community and about this organization. How does this organization benefit the community? Did you have any unique conversations with staff or fellow volunteers? What/How did you contribute? How did you grow/learn/change (values, beliefs, understandings, skills) from this activity? Any new insights? How will this experience affect your future? Would you do this or something similar again? Recommend it to friends? What do you wish you had known about the agency or activity? What would make the activity more meaningful, etc. Etc.
- Submit your Summary/Reflection, a photo of you at the event, and the signed Verification Form to the Counseling Office **within one week** of the service activity. If using an event completed prior to Dec 9, you must turn in the summary/reflection with your essay by Jan 13. Other Summaries must be completed within one week of activity and no later than February 16, 2020. *Note: It is understood that you likely won't be able to get a staff signature or a photo if you completed an event between August 1 and Dec 9. That's ok. Do your best. Any activity which occurs after Dec 9, however, will need the documentation requested.*

NHS Individual Service Event Verification Form

Take this form with you for signature for any service activity done between Dec 6 and Feb 16.

Attach it to your Summary/Reflection along with a picture of you at the event.

(Service done between July 1 and Dec 6 will not have this form or photo but need Summary/Reflection.)

Student Name: _____ Date of participation: _____

Agency/Organization: _____

Check in time: _____ Check out time: _____ *students are to do approx 3-hour block

To be completed by on-site coordinator:

Agency Representative Signature: _____

Contact phone number for verification: _____

Student participation: Good satisfactory less than satisfactory

Approved NHS Individual Event Options include the following:

Notes:

- NHS service activities should be something other than what you were going to do already anyway. Ideally, it would be a “new” experience, and something done with “new” people.
- Do not wait until the last minute as you will be turned away if the agency has too many volunteers.
- You are encouraged to view the organization’s website and/or call first to confirm volunteer arrangements.
- The service activity must be an organized, official community service activity (e.g., not babysitting or doing yard work for a neighbor, or the like), generally for a recognized non-profit organization. The activity must be at least 2 to 3 hours long. If in doubt, student should email Ms. McCrea with the info about the event and she will respond with whether or not the activity will meet candidate guidelines.

Some Options:

BICAS – Bicycle Inter-Community Action & Salvage www.bicas.org (520) 628-7950

Where: 44 W. 6th St., downtown, entrance through courtyard/parking lot on 9th Avenue
When: Tuesdays through Sundays 11:00 a.m. - 6:00 p.m. (choose a three-hour block)
Entails: Sorting bike donations, stripping bikes for parts, painting signs, planning for a mural project, gardening in the courtyard, and cleaning used bike parts for art projects. Wear clothes you don't mind dirty.

SAAF Walk-In-Wednesdays – Southern Arizona AIDS Foundation www.saaf.org (520) 628-7223

Where: 375 S Euclid (south of the snake bridge)
When: Wednesdays, 6:00-8:30 p.m.
Entails: Projects vary depending on agency needs, but typically feature hands-on work such as bulk mailings or assembling condom packets.

Tucson Village Farm - www.tucsonvillagefarm.org (520) 626-5161

Where: 4210 N Campbell Ave
When: dates/times vary – call for opportunities (choose a three hour block)
Entails: Planting, weeding, harvesting, cleaning, etc.

Felicia’s Farm - www.feliciasfarm.org (520) 907-1861

Where: 3761 E River Rd
When: Mon-Fri 8-1 (call to confirm during breaks)
Entails: Planting, weeding, harvesting, cleaning, etc.

3000 Club / Market on the Move Warehouse – <https://www.facebook.com/3000tucson/>

(520) 373-5256, pdorf2827@gmail.com
Where: 4515 E 22nd St
When: Mondays, Wednesdays, Saturdays, 8 - 11 am *Call or email to confirm.
Entails: Sorting, moving produce – you may be outside/cold and get dirty so dress accordingly

CPC Flea Market – Christ Presbyterian Church Flea Market Prep

Where: Christ Presbyterian Church, 6565 E Broadway, park in rear near storage units (northwest corner of campus) and climb stairs to gym.
When: Saturday Feb 8 or 15 ~ 9:00 am to noon
or Sunday Feb 9 or 16 ~ 9:30 am – 12:30 pm
Entails: Moving, sorting, pricing items for annual Flea Market benefitting community mission projects. Check in with Pam Cullop, Pam Raines or Donna Keuhn for directions.

Other possibilities: Casa Maria, Ronald McDonald House, Salvation Army, Arts for All, etc.

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Candidate Packet (parent and student signatures and student activities info)
is due to Counseling Office **no later than 3:45 pm, Wednesday, Dec 18.**

Name: _____

Grade: 10 11

Parent Statement of Understanding and Support

I have read the cover sheet to the NHS candidate materials and understand the purpose and scope of CFHS NHS. NHS is a service honorary and being a member (or not) is not a factor in college admissions. My student is doing this of his/her own free will and has the time and commitment required to fulfill the service obligations.

Parent Signature: _____ Date: _____

Student Statement of Accuracy, Understanding and Commitment

I understand that NHS membership at CFHS is about integrity and community service. I agree to willingly fulfill NHS community service requirements: Nest/Tutoring Hours, NHS Service Events and other activities, as well as attend all meetings. I vow to be an upstanding student, following high standards of integrity and being a good role model. I verify that all information in submitted for NHS consideration is factual and written by me. I understand that providing false information is grounds for disqualification from NHS and possible disciplinary referral.

Student Signature: _____ Date: _____

ESSAY: Due by 3:45 pm, Monday, Jan 13.

You'll want to take a picture/keep a copy of the guidelines below.

How I have lived up to the tenet of _____ (Leadership, Service, or Character)

The Four Tenets of NHS are Leadership, Service, Character, and Scholarship. As "scholarship" information is discernable through transcript review, tell us how you have lived up to one of the other tenets: Leadership, Service, or Character. You are advised to carefully review the tenets described in the NHS materials for desired characteristics and to use examples. The essay should be unique to this application. Do not submit an essay you've previously used for another project.

Your essay should be 2-4 typed paragraphs on a single sheet of paper. Your essay will be evaluated for content as well as form and your response should be thoughtfully written, well organized, and checked for grammar and spelling. Failing to follow directions or answer the question will jeopardize your selection. You are encouraged to draft and edit your essay before submission. Be sure to include your name in the upper right hand corner of the pages.

Keep the cover sheet explaining NHS history, tenets, requirements, and timeline.
Submit this completed form to the CFHS Counseling Office no later than 3:45 pm, Wed, Dec 18.
Your one-page essay is due by 3:45 pm, Monday, Jan 13.

The Nest Session deadline is February 14 and your Service Summary is due no later than midnight February 16.

ACTIVITIES and LEADERSHIP: List up to five of the most significant activities in which you have participated during high school. Include clubs, teams, performance groups, etc., and indicate if you held positions such as officer, committee chair, team captain, etc. These may be school or community activities.

Activity/Club	Grades			Description of Participation	Adult Leader Name and Contact Info
	9	10	11		

SERVICE: List up to five of the most significant service activities/projects in which you have participated for the benefit of the school and/or community while in high school. These must be **non-paid, volunteer service hours**.

Organization/Activity	Grades			Description of Participation	Total Hours
	9	10	11		

WORK EXPERIENCE: Please list and describe any **paid** work experience that has been significant to you as a high school student. Your experience may include summer jobs or any other work done during high school. Note: You will not be penalized if you have not held a job. It just helps us understand your involvement.

Grade	Employer	Job Description	Dates of Employment	# of Hours (weekly)

**Keep the cover sheet explaining NHS history, tenets, requirements, and timeline.
Submit this completed form to the CFHS Counseling Office
no later than 3:45 pm, Wednesday, December 18.**

- **Your one-page essay is due by 3:45 pm, Monday, Jan 13.**
- **Nest Session deadline is February 14.**
- **Service Summary/Reflection is due no later than February 16. Note: If using a service event completed prior to Dec 9, the Summary / Reflection must be submitted by Jan 13.**