

# IMPACT Journal

2015 edition



**New Horizons  
Foundation**  
For **YOUTH** and COMMUNITY

Dear IMPACT Member,

You are one of the many youth who, throughout your life journey, have decided that you want to make a difference in the world around you! Through the good things you do, you are an example for your community.

I am your friend, the IMPACT Journal. You can bring me with you anywhere you go throughout your IMPACT journey. But I'm not just a simple notebook - I am a place for you to reflect on your learning in IMPACT!

On my friendly pages you can take note of the activities you participate in with the other members of your IMPACT club and all the good ideas that you have. You can lay out your thoughts and feelings, the many things you've learned, and what your plans are for how you'll live day-to-day in the future.

Because I am your personal IMPACT Journal, you can take me with you anywhere you want, filling my pages during and after your club meetings! You can color me, draw on me, take notes on my pages, and make me yours. I can't wait to learn more about you!

Love, Your Journal

# This IMPACT Journal belongs to:

Full Name: .....

IMPACT Club: .....

Location of Club: .....

My Date of Birth: .....

My Contact Info: .....

*My photo*

*Here are a few things about me ...*

# My IMPACT Projects

*Note: For each new service-learning project you help your club complete, add another new copy of this page to your Journal! Ask your leader for a new page.*

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Name of Project

Type of Project

(Educational, Cultural, Environmental, Advocacy, etc.)

Period of Implementation

Impact of the Project

What were the results of our project?  
What effects existed for the beneficiaries?  
What did we actually change?

My Role & Responsibilities

What did I do to help this project succeed?

Things I Learned During This Project

Knowledge

I know more about...

Abilities

I know how to...

Values

My character is more...

# What Have I Learned in IMPACT?

As an IMPACT member I have had the chance to contribute to the development of my community as well as my own personal development. Through ongoing, consistent participation in club meetings and projects, I have had the amazing opportunity to develop the following competencies:

**Project Management** This competency indicates that I have the skills, knowledge, and values necessary to identify and address specific community needs through community service-learning projects and social entrepreneurship.

**Communication** This competency indicates that I have the skills, knowledge, and attitude necessary to effectively communicate at the individual and group level and to adapt to situations that require different communication skills.

**Technical** This competency indicates that I have the skills, knowledge, and attitude necessary to appropriately utilize various methods and instruments in communicating and implementing community service-learning projects.

**Personal & Group Management** This competency indicates that I have the skills, knowledge, and attitude necessary for effective self-evaluation, development and implementation of a personal learning plan, and working as a team member towards a common goal.

**Innovation & Creativity** This competency indicates that I have the skills, knowledge, and attitude necessary to identify creative and innovative ideas to address problems with appropriate new solutions.

For each of these 5 competency areas, I can reach 3 levels:

1. The BLUE level: basic achievement
2. The ORANGE level: medium achievement
3. The GREEN level: advanced achievement

## Rules for Self-Evaluation

On the next few pages, you will have the chance to see what specific knowledge, values, and skills you've developed in IMPACT based on a standardized list of indicators. Read through the lists and check off all of the indicators that are true for you. Based on the number of checks made on each list, you will be able to assess your current level of achievement in each competency area. Be honest with yourself! After you have checked the indicators you believe you've achieved, ask your IMPACT leader to confirm. If they agree, they will give you a sticker (or multiple) in your IMPACT Passport to show what level of achievement you've reached!

## Project Management

Check  
here!

I have learned from community members about problems they face and their real needs.

I have offered information to another person about the community in which I live (geography, economic conditions, demographic description, needs and desires of residents, etc.) at least one time.

I have discussed and supported my point of view regarding a community problem while my club was choosing an IMPACT project.

I have assumed clear responsibilities in the development of a community service-learning project with my IMPACT club.

I have shared examples with my club of ways to find solutions and resolve community needs, which I learned from people outside of IMPACT.

I have actively contributed to the project planning process with my IMPACT club – including planning activities, time limits on tasks, and setting clear objectives.

I have estimated the resources (human, material, time, and others) needed for the activities of at least one project.

I have used specific project-planning tools (e.g. Gantt Diagrams, budget templates, Excel spreadsheets, etc.).

I have helped write a budget for a community service-learning project.

I have personally approached community sponsors and/or donors to support a service-learning project with finances or in-kind donations.

I have participated in monitoring activities for a service-learning project and helped adapt a plan based on changes during the implementation period.

I have taken part in at least one evaluation & reflection meeting where I analyzed the success and impact of a completed service-learning project.

### My Achievement Level...

When I have checked **4** or more items above, I will receive the BLUE Project Management sticker in my Passport.

When I have checked **8** or more items above, I will receive the ORANGE Project Management sticker in my Passport.

When I have checked all **12** items above, I will receive the GREEN Project Management sticker in my Passport.

## Personal & Group Management

Check  
here!

I have taken part in at least one evaluation & reflection meeting in which I have reflected on my personal development through IMPACT.

I have identified my personal learning needs and written a personal learning plan in order to meet those needs.

I have set a concrete goal for what new knowledge, skills, and values I want to develop and am taking steps to develop those competencies.

I have set a deadline and chosen a person to help hold me accountable to my personal learning plan.

I can explain the role of the IMPACT Journal and Passport in my personal learning and development.

I have evaluated my personal competency development at least twice, using the IMPACT Journal and Passport.

I have led a game or other fun activity during a meeting of my IMPACT club.

I can share an example of a mistake or problem that our IMPACT club has faced and explain what I learned from that experience.

I have signed and accepted my IMPACT club's full value contract, and I work hard to respect it during all of our meetings.

I have helped my club leaders prepare for and facilitate a club meeting.

I have supported other members of my IMPACT club with personal problems both within and outside of our club meeting times.

I am consistently on time to IMPACT meetings and tell other members or leaders when I won't be able to attend.

### My Achievement Level...

When I have checked **4** or more items above, I will receive the BLUE Personal/Group Mgmt. sticker in my Passport.

When I have checked **8** or more items above, I will receive the ORANGE Personal/Group Mgmt sticker in my Passport.

When I have checked all **12** items above, I will receive the GREEN Personal/Group Mgmt. sticker in my Passport.

## Communication

Check  
here!

I have expressed my ideas and opinions openly during IMPACT meetings.

I have consistently demonstrated respect for the ideas and opinions of others through my words and my actions.

I have explained to someone outside of the IMPACT club what IMPACT is and why it is important to me.

I have discussed my IMPACT club and a service-learning project to at least one local organization or institution in order to receive their support for a project.

I can explain the principle of constructive feedback and have demonstrated giving and receiving constructive feedback to at least 3 other club members.

I have helped to resolve a conflict or misunderstanding between club members.

I have interviewed a public official from my community.

I have participated in a discussion or debate during a club meeting where I presented a reasonable argument to support my opinion.

I have posted on my club's Facebook page at least three times, sharing photos, comments, or other useful information.

I have written a testimonial or success story after a service-learning project.

I have helped create promotional materials for our club and/or one of our service-learning projects.

I have added my voice to advocacy efforts with our IMPACT club through creating a petition or letter, writing an editorial, or speaking directly to a public official.

### My Achievement Level...

When I have checked **4** or more items above, I will receive the BLUE Communication sticker in my Passport.

When I have checked **8** or more items above, I will receive the ORANGE Communication sticker in my Passport.

When I have checked all **12** items above, I will receive the GREEN Communication sticker in my Passport.



## Innovation and Creativity

Check  
here!

I have helped design and create visual promotional materials for our club, such as posters, brochures, or flyers.

I have helped organize at least 2 social/teambuilding events for our club outside of regular IMPACT meetings.

I have found and successfully convinced at least one partner, donor, or sponsor to support at least one of our club's service-learning project.

I have been involved in at least 2 IMPACT projects with different themes, such as diversity, the environment, social inclusion, violence, etc.

I have helped make handmade craft items to sell as a method of fundraising for a service-learning project.

I have taken part in an IMPACT club meeting in which we used creative non-formal methods (theater forum, photovoice, street theater, flash mobs, living library, etc.).

I have predicted risks for service-learning projects and designed backup plans based on those risks.

I help our club to remain optimistic and find solutions when we encounter problems or barriers.

I show respect for other people's ideas at IMPACT meetings, even when they are different from my own.

I think "outside the box" and have proposed new ideas for service-learning projects that have challenged our club to explore new topics or issues.

I have helped design a product or service to sell for a social entrepreneurship project.

I can share examples of ways our club has creatively recycled, re-used, or substituted resources when our first choice of resource was not available.

### My Achievement Level...

When I have checked 4 or more items above, I will receive the BLUE Innovation/Creativity sticker in my Passport.

When I have checked 8 or more items above, I will receive the ORANGE Innovation/Creativity sticker in my Passport.

When I have checked all 12 items above, I will receive the GREEN Innovation/Creativity sticker in my Passport.

## Technical

Check  
here!

I have created presentation materials about our IMPACT club or a project which were used to share about the program with people outside of IMPACT.

I have an email or Facebook account which I use to communicate with other IMPACT club members.

I have completed a project template after our club finished a service-learning project.

I have helped write and submit an application for funding/project competition from the organization which oversees IMPACT in our country.

I have helped organize at least one advocacy campaign in which our club attempted to influence a decision in the public interest.

I can explain the stages and steps of a community service-learning project.

I can explain what IMPACT means and what the acronym stands for.

I have contributed to calculating and writing a budget for a community service-learning project or other club activities.

I have done research on a specific topic in order to provide information for use in the implementation of a community service-learning project.

I have completed at least one application to apply for a personal development opportunity within or outside of the IMPACT program.

I have organized meetings with local community leaders or organizations.

I can list and explain the competencies and values of IMPACT and describe why they are important in my life.

### My Achievement Level...

When I have checked 4 or more items above, I will receive the BLUE Technical sticker in my Passport.

When I have checked 8 or more items above, I will receive the ORANGE Technical sticker in my Passport.

When I have checked all 12 items above, I will receive the GREEN Technical sticker in my Passport.

# My Role Model in Life

*Note: For each new role model you meet or learn about, add another new copy of this page to your Journal! Ask your leader for a new page.*

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*Name of My Role Model*

*Why I Chose Him or Her*

Why does this person inspire me?

*What I Want to Copy*

What about this person's lifestyle, values, skills, or knowledge do I want to emulate in my own life? How?

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# My Personal Learning Plan

*Note: For each new update to your plan, add another new copy of this page to your Journal! Ask your leader for a new page.*

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*Date I Wrote This Plan*

## *Knowledge*

What do I want to learn in the next period?  
What steps will I take to achieve this?

## *Skills/Abilities*

What new skills or abilities do I want to develop in the next period?  
What steps will I take to achieve this?

## *Values/Attitudes*

What values or attitudes do I want to change or improve in the next period?  
What steps will I take to achieve this?

## *Accountability*

Who will I ask to help remind me and encourage me to meet these goals?

## *Measurement*

How will I know I met my goals?

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# My Thoughts

In this space, feel free to write down other notes, ideas, or memories!

# Memories and Notes

In this space, feel free to invite other members of your club to share thoughts, feedback, and memories!

# The IMPACT Commitment

As an IMPACT member, I promise:

- To discover myself and understand who I am through living the IMPACT values
- To continually work to improve myself, my community, and the world I live in
- To have a healthy, balanced lifestyle for myself and those around me
- To get involved as an active citizen for the good of my community
- To be in solidarity with the vulnerable and those who are struggling
- To respect and care for the environment
- To not encourage corruption and to fight to eliminate it from my community
- To be a role model and inspiration for those around me
- To share what I have learned in IMPACT with others
- To be the change I want to see in the world

My signature: .....

Date: .....

