

UMW Impact Program

UMW Center for Community Engagement

The Impact Program

UMW's Impact Program is an experiential learning program for first-year students focused on service and community engagement. Impact students build unique skills, networks, and knowledge through volunteer work and community & civic engagement. The Impact Program supports student learning through engaging with our Fredericksburg community, a specialized curriculum, and co-curricular activities. Students who participate in the Impact Program develop leadership skills, learn about career pathways, and create a supportive community. Impact students build a community, challenge themselves, and make a difference in the world.



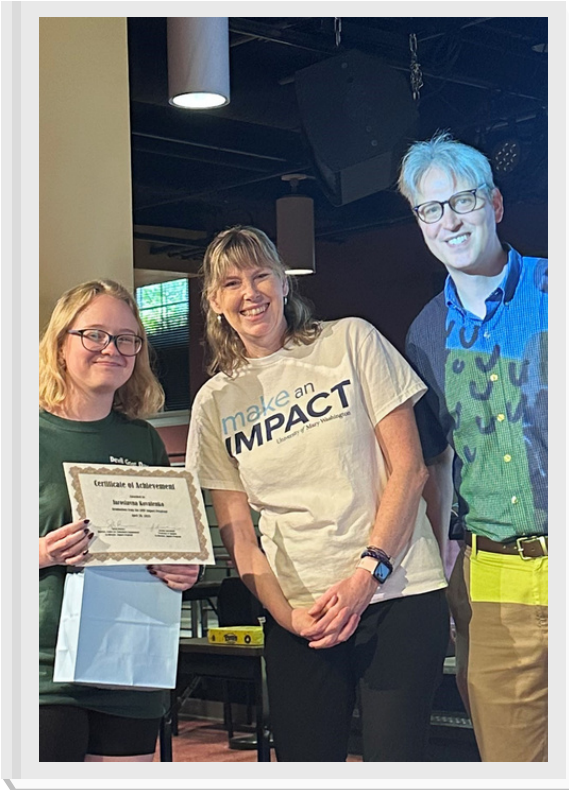
University of
Mary Washington



Into the Streets

Impact students volunteered together outside of the classroom and then reflected on their work in class. Impact students volunteered together during several days of service, including ***Into the Streets, Pay it Forward Day, MLK Day of Service, Good Neighbor Day, and Engage with the Earth.***

Impact Graduation



On Thursday April 20th, the UMW Impact Program graduated 21 students. These Impact Students had completed a one-credit class in the fall titled "Doing the Work Together" taught by Dr. Jeremy Larochelle. In the spring, they completed a 1-credit class titled "Be the Change" taught by Dr. Sarah Dewees. Students learned about best practices for working with community partners, explored the difference between service, volunteering, and charity, and researched local nonprofit organizations. They also learned about different career pathways that support the common good. In the spring 2023 class, students were required to volunteer for at least 15 hours during the semester. Students had also

volunteered during the fall semester and with other projects over the school year. In total, the students collectively volunteered for over 644 hours over the course of the school year. They volunteered at many different organizations serving the Fredericksburg community, including Hope House, Downtown Greens, Hazel Hill Homework Club, Stafford Junction, and many more. Collectively, the Impact Program students made a big difference in our Fredericksburg community.



Co-curricular experiences

Impact Program students met with community leaders over the course of the school year to learn about about work in the nonprofit sector. In the fall of 2022, Impact students heard presentations from leaders of The Community Foundation of the Rappahannock Region and Downtown Greens. They also learned from student leaders of campus organizations such as COAR (Community Outreach and Resources, a student-run service organization), UMW Alternative Service Breaks, and UMW Votes. The Impact Program also provided experiential learning opportunities that enhanced classroom curriculum. In the fall, students visited the Fredericksburg Food Co-op to learn more about the co-op model and the environmental and social mission of the organization. In the spring of 2023, the experiential learning continued. Impact



students toured the Bragg Hill Community Garden, picked up litter with staff from Friends of the Rappahannock, and visited with the executive director of Tree Fredericksburg while going on a walking tour of Kenmore Park. As a result, students were able to learn from the leaders of a diverse group of organizations in Fredericksburg that are working for positive social change. Outside the classroom, students went on a paddling trip in September, 2022 where they explored the Rappahannock River from a canoe, kayak or stand-up paddle board.

Outcomes assessment

The Impact Program includes a Community-Engaged class, which has the following learning goals:

Analysis of Knowledge: Students connect and extend knowledge (facts, theories, etc.) from one's own academic study/ field/ discipline to community engagement and to one's own participation in community life, politics, and government.

Identity/Commitment: Students provide evidence of experience in community-engagement activities and describe what they have learned about themselves as it relates to a reinforced or clarified commitment to public action.

Action and Reflection: Students demonstrate independent experience, accompanied by reflective insights or analysis about the aims and accomplishments of one's actions.

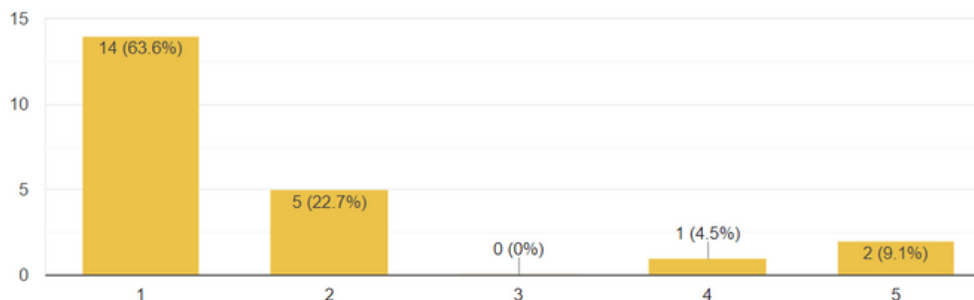
The Community-Engaged class also fulfills the **Beyond the Classroom** general education requirement by providing a faculty-supervised experience involving a significant experiential learning component designed to challenge students to go outside of the bounds of the typical classroom.

The reflection form filled about by the Impact students at the end of the year revealed the following findings ("1" = strongly agree; "5" = strongly disagree). Students indicate that they learned from the experiences outside the classroom, and have an increased commitment to public action.

My volunteer experience outside the class room taught me things about service, volunteer work, and community engagement that I did not learn in the classroom.



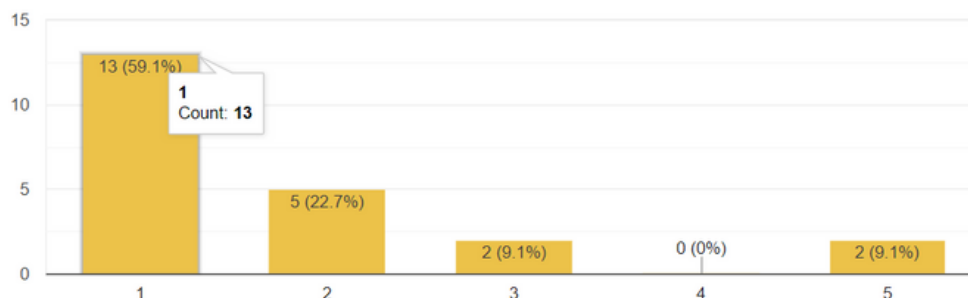
22 responses



Through this class I feel as though I have increased my commitment to public action.



22 responses



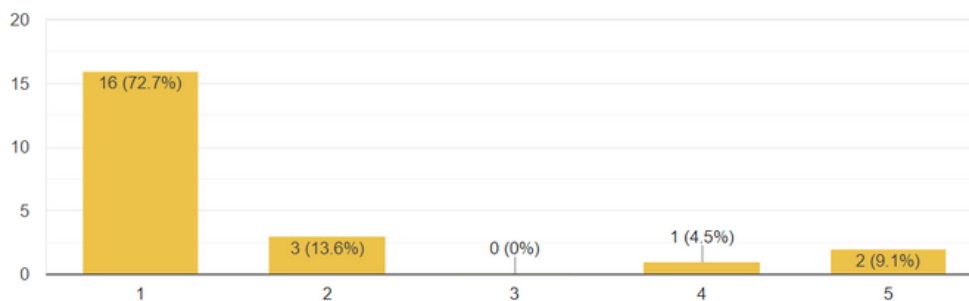
Outcomes assessment, cont'd

CCE programs, including the Impact Program, are guided by our adaptation of the AAC&U rubric on civic engagement, and we hope to see student improvement when it comes to **Identity/Commitment**, with a goal of students being able to provide evidence of experience in community engagement activities and describe what they have learned about themselves as it relates to a new or clarified sense of public identity and continued commitment to public action. In addition, the Impact Program supports Goal 1 of UMW's 2022 Strategic Vision, to "Promote the values of service and community and civic engagement" and Goal 2, to "Immerse our students in applied, impactful learning experiences." The final student reflection revealed the following findings ("1" = strongly agree; "5" = strongly disagree).



This volunteer experience has made me more inclined to engage with the community in the future.

22 responses

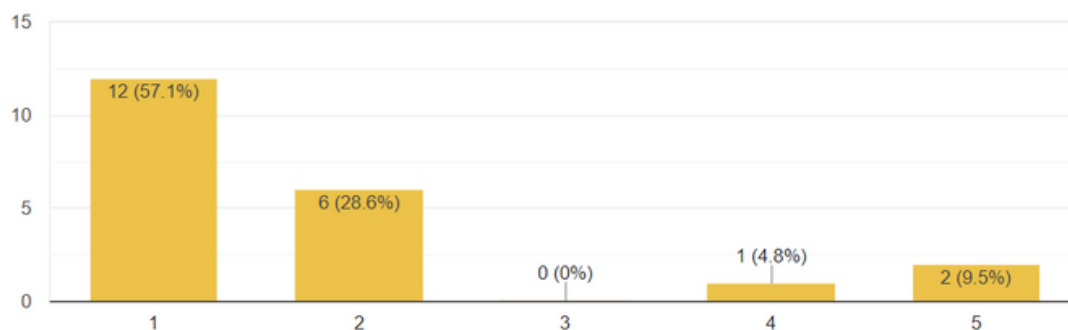


The Impact Program also supports the new Quality Enhancement Plan (QEP) for UMW, helping students think about career pathways. The final class reflection revealed the following career knowledge ("1" = strongly agree; "5" = strongly disagree).



I understand the connection between my volunteer work and possible career paths.

21 responses



A Successful Year

The 2022-2023 school year was the first year that the Impact Program enrolled students. The program was successful in bringing students together to explore community engagement and avenues for positive social change. Students reflect on the class here:

"I really enjoyed the class walk to the downtown park to hear the Tree Fredericksburg speaker. The facts...that she shared with us were fascinating and opened my mind to a whole new way of thinking, especially when it comes to how trees affect our life and way of living. I learned a lot about how each and every one of us can make a large impact by planting the correct tree."

"The site visit that stuck with me the most was the trip to the Bragg Hill Community Garden. Dr. Bonds had a lot of interesting things to teach us about running a garden and the importance of providing resources to people that may not be able to have their own garden."

"I am so grateful for the experiences and resources I've been introduced to through this program, it has been truly instrumental in motivating me to step outside my comfort zone and support the things that are important and interesting to me. I am so much more likely to not only push myself to get involved, but to make a habit of it and commit to community engagement and service activities regularly."

For more info. about the Impact Program:

- www.umw.edu/impact
- impact@umw.edu



MAKING AN IMPACT AT UMW

year in review 2022-23



1. 21 STUDENTS

Twenty-one students graduated from the UMW Impact Program on April 20th, 2023 in a ceremony at the Underground.



2. 644.5 SERVICE HOURS

Collectively over the school year, Impact students volunteered for a total of 644.5 hours in service to the Fredericksburg community.



3. LEADERSHIP DEVELOPMENT

Two Impact students have joined the student-run service organization COAR (Community Outreach and Resources), and 4 completed the COAR internship. Four others have stepped into leadership roles at service organizations on campus.



4. DIVERSE VOLUNTEER EXPERIENCES

Impact students worked with over 35 community organizations, including Hope House, Downtown Greens, Hazel Hill Homework Club, Food Recovery, Stafford Junction, and many more.



5. A BROAD IMPACT

Impact students volunteered at a wide range of community programs, including the Alternative Service Break trips with Habitat for Humanity.

Thanks for a great year!

BE THE CHANGE YOU WANT TO SEE IN THE WORLD