



CISA Week of Service

Sept. 14–20, 2020

Participate in a virtual volunteer service week with the College of Integrative Sciences and Arts! To participate complete at least 4 of the 7 acts of service! Email a pic of the service to jgutie45@asu.edu and include your name to receive a certificate of completion. ASU community members can track their service hours at asu.volunteermatch.org

Day 1

Write and mail out a personal letter to a loved one.

Day 2

Call or Zoom — and read a children’s book to — a younger family member/ student.

Day 3

Visit bemyeyes.com to become a sighted volunteer and assist someone with their tasks.

Day 4

Go to volunteermatch.org/virtual-volunteering and participate in one of the events.

Day 5

Become a volunteer listener to support others’ mental health at 7cups.com.

Day 6

Sign up to send notes to senior citizens for emotional support at lettersagainstisolation.com.

Day 7

Become a Smithsonian virtual volunteer transcribing historical documents at transcription.si.edu.