

Life Orientation - Community Service Time Logbook Sheet (updated January 2023)



Name: _____

Date	Hrs: Min	Name of beneficiary	Description of duties performed	Signed off	Supervisor's name & contact detail
Total hours		(a minimum of 20 hours is required)			

Life Orientation – Community service reflection essay (updated January. 2023)

Write a 1 page (400-600 words) reflective essay in which you answer the following questions, in addition to adding your own reflections.

Intro:

- Where did you serve?
- What service does the organisation offer to the community?
- Describe what service(s) you offered i.e. what did you do there?
- Why did you choose to serve the community through this organisation?

Body:

- What lessons, values, skills and knowledge did you gain from your service experiences?
- How did your community service experience impact you mentally, physically and emotionally?
- What challenges did you experience?

Conclusion:

- Do you have any ideas about remediation i.e. what the organisation could do to improve their impact?
- Any other thoughts and feelings you'd like to share about your experience?