

Packet



DOC 200[©]



Demonstrating Outstanding Citizenship 200 times

An Indiana Bicentennial Legacy Project

Created by the Munster Junior Historical Society Education Director, Dr. Louise Chickie-Wolfe, and endorsed by its student members, parents, teachers, and community supporters of Munster, Indiana.

What is Outstanding Citizenship?

We believe that Outstanding Citizens show responsibility, respect, a caring spirit, and a willingness to work hard for the good of this nation and everyone in it.

We believe that an Outstanding Citizen demonstrates very specific and important Life Skills in the areas of **Integrity, Acceptance, Service, and Patriotism**. We ask students to perform and practice these skills 200 times. The DOC 200 Project was originally designed to celebrate the 200th anniversary of Indiana's statehood. We invite others to join us in this worthwhile endeavor. Doing so by completing this project will earn the impressive status of DOC 200 (Demonstrating Outstanding Citizenship).

At a time when our nation struggles with problems such as violence, bullying, and disrespect, we feel the DOC 200 project will teach and guide students of all ages to practice outstanding citizenship skills at home, at school, and in their community. We feel strongly that the young people of this nation can build a better America through their participation in the DOC 200 project by becoming specialists who repeatedly demonstrate the 50 important citizenship skills listed below.

The DOC Outstanding Citizenship Skills:

INTEGRITY: Honor, Kindness, Thoughtfulness, Caring, Sharing, Friendship, Giving, Truthfulness, Demonstrating good moral character (9 skills)

ACCEPTANCE: Tolerance of differences, Accepting a different point of view, Welcoming, Being there for another, Making someone smile, Paying a genuine compliment, Using good manners, Not judging others, Being kindhearted, Being considerate, Showing compassion, Showing empathy (feeling what others must be feeling), Being patient, Using flexibility (accepting when things have to change without becoming upset), Showing a high regard for everyone and everything (15)

SERVICE: Work, Service, Helping, Initiating (doing it without being told), Effort (hard work), Accomplishing worthwhile goals, Perseverance (never give up), Dependability, Pride, Putting the needs of others over your own, Doing charitable acts, Caring for animals, Improving your community, Problem solving, Taking responsibility (not blaming, denying, or making excuses) (15)

PATRIOTRISM: Honoring our country, Respecting/Displaying the flag, Saying *The Pledge of Allegiance/Singing The National Anthem*, Thanking our military personnel and their families, Supporting our Constitution, Following our laws, Respecting the rights of others, Attending memorial services, Visiting and decorating gravesites, Taking care of the earth and its inhabitants, Showing appreciation to First Responders (police officers, fire fighters, EMTs) (11)

REQUIRED SERVICE to complete the DOC 200 Project:

There are 50 DOC Outstanding Citizenship Skills (life skills) listed above. Each skill is to be demonstrated four different times. This will result in 200 acts of Outstanding Citizenship, earning the student the status of DOC. The project will require at least 100 days to complete as no more than two Life Skills can be recorded per day. This is because permanent long-term learning takes place over time. It is about carefully practicing these skills with care and intention, and not about cramming as many as you can into one day.

Each action counts for only one skill even if the action involves more than one DOC skill. Just choose the skill for which you would like it to count.

The first Awards Ceremonies for students who complete the DOC 200 Project will take place on December 11, 2016, in honor of the date, 200 years ago, when Indiana achieved its statehood.

Instructions

Students who wish to officially participate in this important project should register and download this Packet (available at www.doc200project.com). If you have any questions, contact

the Munster Junior Historical Society Education Director, and DOC 200 Project Director, Dr. Louise Chickie-Wolfe via email at: drchickie-wolfe@munsterhistory.org .

- 1) **The DOC 200 Packet of Materials** includes 1) Overview and Instructions, 2) the DOC 200 Registration, 3) My DOC Skills Log, and 4) a DOC Progress Chart (a record keeping method that documents efforts and keeps track of progress).

Record keeping Procedures:

- 2) “My DOC Skills Log” and “DOC Progress Chart: Make a copy of the Log, hang it in a prominent place, and then indicate the completed skill for each act of Outstanding Citizenship with a star in one box every day when a skill is performed. This Log shows the various skills that have been demonstrated.

Next, make a copy of the Chart, and display it beside the Log. Write the number and letter of the skill you performed along with the date completed as each skill is demonstrated. (For example, if a student starts the project by showing patience with another student who is taking a long time to complete a task, they would come home and put a star in “Box A” next to the skill “Being patient” in the ACCEPTANCE category. Next, they would enter “22-A” on the DOC Progress Chart along with the date.

Skills do NOT need to be demonstrated in number order as they appear on the chart, nor do skills have to be done A through D sequentially before starting another skill. It is recommended that students choose one or two skills to concentrate on each day and look for opportunities and situations in which those skills can be practiced. This sets a goal and makes the student more aware of performing that skill. Each time a skill is demonstrated, the student records it on their Log with a star, and then lists it by number and letter and date on the Chart. Remember, only one star is recorded for each action and only two stars per day, involving two different skills. For example, after the student shows patience one time, that student is encouraged to continue practicing patience even though he/she will only record it one time for that day.

- 3) (Optional) Students are encouraged to keep a Journal in which they periodically reflect upon and describe their acts of Outstanding Citizenship, explaining what it means to be working toward the status of DOC. Some of these journal entries can be read during the Awards Ceremony.
- 4) Young Student Modification: Students in grades K-2 work on these skills: *Kindness, Using good manners, Helping, and Showing appreciation to police officers and fire fighters.* Young students work in these areas until a total of 200 actions are recorded in any combination. Optional: Parents can include other skills from the list as appropriate.

Mature Student Modification: Students in high school and college (undergraduate and graduate levels) should a) organize and implement important group service projects, and b) routinely focus on taking care of the earth and its inhabitants.

Ranking:

The total number of Acts of Outstanding Citizenship demonstrated by the student determines their levels as they work toward achieving the status of DOC. Just the way a medical doctor goes through specific and challenging years of training and practice, our DOC students will move through similar levels based upon the number of actions they demonstrate as follows:

Ranking Toward Becoming a DOC

Number of Acts	Rank
	<u>Rank I: Undergraduate Citizen (College)</u>
1-18	Freshman
19-36	Sophomore
37-54	Junior
56-72	Senior
	<u>Rank II: Medical School Citizen</u>
73-109	Internship
110-146	Specialty Rotation
	<u>Rank III: Resident Citizen</u>
147-169	First Year Resident
170-188	Second Year Resident
189-199	Third Year Resident
200	DOC Status! Congratulations

Timeline: Students can begin their DOC work after completing the Registration Form. It is the student's responsibility to truthfully and accurately maintain records of their acts of Outstanding Citizenship and to notify the Munster Junior Historical Society via email or on Facebook (at Demonstrating Outstanding Citizenship - DOC 200) when they achieve the rank of DOC.

Students are encouraged to create DOC 200 Teams and to obtain a Sponsor to provide an Awards Ceremony when members complete the project.

My DOC Skills Log

Each skill listed is to be demonstrated four different times (A, B, C, and D) on four different days and not necessarily in order. A student is expected to continue demonstrating these skills even after they have recorded the skill four times. (For example, you have already recorded saying *The Pledge of Allegiance* four different times and have therefore met the goal for that DOC skill, but you will continue to say *The Pledge* when appropriate). Students are expected to practice and use each of these skills more than the four times required for this project because...

BEING AN OUTSTANDING CITIZEN IS A LIFETIME JOB!

MY DOC SKILLS LOG

(Place a star when performed)

INTEGRITY A B C D

1. Honor				
2. Kindness				
3. Thoughtfulness				
4. Caring				
5. Sharing				
6. Friendship				
7. Giving				
8. Truthfulness				
9. Demonstrating good moral character				

ACCEPTANCE A B C D

10. Tolerance of differences				
11. Accepting a different point of view				
12. Welcoming				
13. Being there for another				
14. Making someone smile				
15. Paying a genuine compliment				
16. Using good manners				

17. Not judging others				
18. Being kindhearted				
19. Being considerate				
20. Showing compassion				
21. Showing empathy (feeling what others must be feeling)				
22. Being patient				
23. Using flexibility (accepting when things have to change without becoming upset)				
24. Showing a high regard for everyone and everything				

SERVICE A B C D

25. Work				
26. Service				
27. Helping				
28. Initiating (Seeing what needs to be done and doing it without being told)				
29. Effort (hard work)				
30. Accomplish a worthwhile goal				

31. Perseverance (never give up)				
32. Care				
33. Dependability				
34. Pride				
35. Doing charitable acts				
36. Caring for animals				
37. Improving your community				
38. Problem solving				
39. Taking responsibility (not blaming, denying, or making excuses)				

46. Respecting the rights of others				
47. Attending memorial services				
48. Visiting and decorating gravesites				
49. Taking care of the earth and its inhabitants				
50. Showing appreciation to First Responders (police officers, fire fighters, EMTs)				

PATRIATISM A B C D

40. Honoring our country				
41. Displaying the flag				
42. Saying <i>Pledge of Allegiance</i> or Singing <i>National Anthem</i>				
43. Thanking our military personnel and their families				
44. Supporting our Constitution				
45. Following our laws				

D O C 200



DOC PROGRESS CHART

(Enter Skill from log and date when performed)

List Skill by Number & Letter	Date Performed 2016	Total Number of Skills Completed
(College) Under Graduate		
Freshman		
		1
		2
		3
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Sophomore		
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Junior		
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Senior		
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Medical School Internship		
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HALF WAY THERE!		
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Specialty Rotation		
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Residency Year 1		
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Residency Year 2		
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		188
Residency Year 3		
		189
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		196
		197
		198
		199
D O C		
		200

You Did It!
Congratulations
on Earning Your DOC!

_____, DOC
(Sign your name when you have completed
200 acts of outstanding citizenship)

**Then notify us when you complete the DOC
200 Project at: www.doc200project.com**

NOTE: Awards Ceremonies can be scheduled
on or after December 11, 2016 (Indiana’s
Bicentennial date). See website for details.

GOOD LUCK!



FOR A PROUD AMERICA

My DOC Progress Chart

**** *(Sample)* ****

List DOC action by Number and Letter	Date DOC skill was demonstrated <u>2016</u>	Total Number of Acts Completed	Rank
<i>(Example:</i> <div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">22-A</div>	<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">Feb. 5</div>	Total Number of Acts Completed (listed from 1-200)	I. Undergraduate, Freshman

The student enters information in the first two columns only.

DOC 200© (Demonstrating Outstanding Citizenship) Project
 Sponsored by the Munster Jr. Historical Society
REGISTRATION FORM



I, (*Print name*) _____,
 will try my best to be an Outstanding Citizen at home, at school, and in my community.

I will participate in the DOC 200 Project and do my best to demonstrate the required 200 actions of an Outstanding Citizen.

I will be truthful and honest in my record keeping.

I realize that this project will require a great effort on my part and will take a long time to accomplish. But I sincerely want to earn my DOC 200 and be an Outstanding Citizen of the United States of America. Date _____

Student Signature	Grade	School
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Address	City	State
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Phone with area code	Email
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I, (*Print name of parent/guardian*) _____, support these efforts and agree to act as a good Role Model for my child as he/she works to earn a DOC for Outstanding Citizenship.

*(Parent/Guardian’s Signature) *Not required for college students Date _____

RETURN COMPLETED REGISTRATION FORM TO:
DR. LOUISE CHICKIE-WOLFE, 917 Ridge Road, #3384, Munster, IN 46321
Or Register Online at www.doc200project.com