

LaGONGCING Solver Studing Studing Studing Studing Bank, with student volunteers Laura Janssen (centre) and Ashley Stewart. Photo: DIANA NETHERCOTT. They discovered that many students had a

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BY KIM WESTAD

many a hard-working professor—jammed important part of the course. bookshelves, thank-you cards on the window "Volunteering makes you see the world and sill and final exams stacked in piles.

And then there are the boxes of food.

soup, fruit, jars of peanut butter, crackers and the students and the community. other non-perishables are evidence of students "The research shows that by helping others, key component in a unique course taught by that is a terrific lesson for anyone."

Thezorgaetoprejects have seen students clean beaches, help with a blood bank, pull ivy and broom from parks, serve food at Our Place, help at seniors' homes, and gather hundreds of kilos of food for the UVic Food Bank and the Mustard Seed Food Bank in downtown Victoria.

The importance of this required project

curriculum for EPHE 142 was revised to serve students from across all disciplines and the r. Lara Lauzon's office looks like that of focus on helping others became an even more

fellow humans in a more compassionate way," says Lauzon, who plans to do further research These are not so typical, but the tins of on the impact the volunteer projects have on

having taken the lesson of "giving back"—a we start living with a little more gratitude and

Giving to the community is more top of mind during the holiday season and into the New Year, but relatively easy to do all year-round, adds Lauzon. "One of the things students found was that even with their courses, studying, part-time jobs and creating a future, they still had time to help others. We all do."

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