

ServiceSpace Summer Internship 2020

June 22 - August 10



"Be the change
you wish to see
in the world."
-Gandhi

What is it?

ServiceSpace's Summer Internship is a space for high school and college students to engage in service, deepen in values, and nurture the conditions for inner transformation. It all started a few summers back, when young minds asked how they could be of service. They circled up with a team of mentors and dove headlong into weekly readings and videos, daily practices, video call dialogues, and simultaneously rolled up their sleeves to volunteer on resonant projects-- from graphics to writing, filmmaking, tech, web research, and beyond. Over the years, an array of youth have flowed through, and we've fallen in love with all that unfolds -- from 30-day Kindness Challenge adventures, trackable "smile cards", thoughtful short films, surprising parents with breakfast in bed, and many disarming moments of generosity.

Three Core Elements

Interns will engage the hands, head, and heart in the following ways:



HANDS

- Daily Practices (like random acts of kindness).
- Initiate + implement projects (like Teen Awakin Calls).
- Work on web portals (like create content for KarunaVirus.org).
- Facilitate group discussions.



HEAD

- Read 1 book weekly, related to kindness and service.
- Discuss themes as a group.
- Reflect on themes in our own lives and world at large.

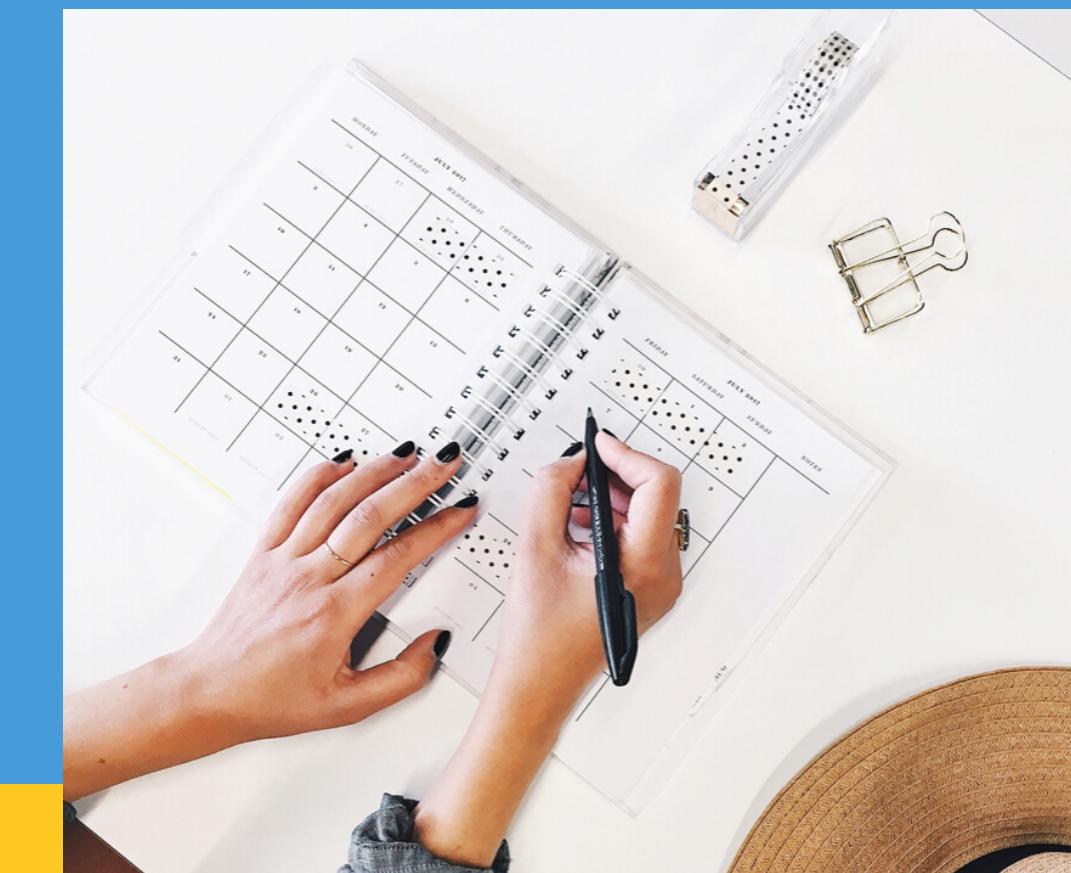


HEART

- Reflect in group and 1-on-1 calls
- Write and submit weekly reflections
- Learn from other interns' reflections.
- Dialogue with guest speakers on their journeys of self-discovery and service.
- Deepen in friendship through shared acts of service, stillness, and generosity.

WEEKLY WORKPLAN

WEEK 1 SCHEDULE								
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM			Act of Kindness		Act of Kindness			
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM		"Hands" Office Hours	Draft + Send Invites for Teen Awakin Calls	"Heart" Office Hours		Act of Kindness		
12:30 PM			Edit Stories for KarunaVirus.org		Read Book			
1:00 PM	Intern Orientation Office Hour		Edit Stories for KarunaVirus.org	Act of Kindness				
1:30 PM				"Head" Office Hours				
2:00 PM		Intern Buddy Call			Intern Buddy Call			
2:30 PM			Act of Kindness					
3:00 PM	Intern Group Call			Schedule Awakin Call + Draft Speaker Bio	Intern Buddy Call			
3:30 PM								
4:00 PM				Submit Reflection Questions				
4:30 PM								
5:00 PM								
5:30 PM			Intern Buddy Call					
6:00 PM							Act of Kindness	
6:30 PM							Read Book	
7:00 PM	Act of Kindness	1:1 with Mentor	Awakin Santa Clara RSVP here 6:30-7:30 Meditate 7:30-8:30/9 Circle of Sharing					
7:30 PM								
8:00 PM			Read Book					
8:30 PM								
9:00 PM	Read Book	Read Book	Read Book					
9:30 PM								
10:00 PM	Meditate 15-30 mins	Meditate 15-30 mins		Meditate 15-30 mins	Meditate 15-30 mins	Meditate 15-30 mins	Meditate 15-30 mins	



Every Monday morning or Friday afternoon, you'll fill out a weekly workplan to schedule your week ahead. The workplan allows you to organize your internship responsibilities, prioritize your projects and manage your time. Interns have a personalized workplan; as an example, it looks like this.

Weekly Group Calls

Every Monday @5PM PDT, interns gather for a 90-minute video call to reflect on the past week, dialogue on emergent themes, and reflect on their project experiences. (Our first call on June 22nd is @ 3PM PDT)

Mentor-Intern 1:1 Calls

Every week, each intern syncs up with their mentor on a 1-on-1 call. This is a space to more personally reflect on their learnings, raise questions or express challenges, and bounce creative ideas for their projects.

WAYS WE GATHER



Every week, we gather on 7 scheduled video calls, as well as ad-hoc calls to coordinate projects.

Office Hours

3 times a week, interns and some mentors convene for virtual "office hours" on:

Tues @12 PM - "Hands" Project Work
Thurs @12PM - "Heart" Sessions
Fri @2PM - "Head" Book Dialogue

Virtual Awakin Circle

Every Wednesday, we'll practice listening to ourselves, in stillness and to each other, in a circle of sharing with broader community.

Weds @6:30PM
RSVP Here:

<https://awakin.org/local/city/santaclara>

Intern 1:1 Buddy Calls

Every day, interns will have a 1-on-1 call with a different intern, where they interview each other on 5 deeper-dive questions. Each week, interns will get a new series of questions to ask each other.

WEEKLY CALL SCHEDULE

Mark your calendars!

Special Calls for our First Day

- Mon, June 22 @1PM PDT: Orientation Office Hour
- Mon, June 22 @3PM PDT: Our First Group Call

Recurring Weekly Calls

- Mon @ 5:00PM PDT: Weekly Group Calls (June 28 - Aug 10)
- Tues @12:00PM PDT: "Hands" Office Hours (Project Work)
- Weds @ 6:30PM PDT: Awakin Santa Clara Circle
- Thurs @12:00PM PDT: "Heart" Office Hours
- Fri @ 2:00PM PDT: "Head" Office Hours (Book Discussion)

Calls You Schedule On Your Own

- Weekly 1:1 Mentor Calls
- Weekly 1:1 Buddy Calls
- Project Calls: You'll schedule one-time calls for project work as needed.

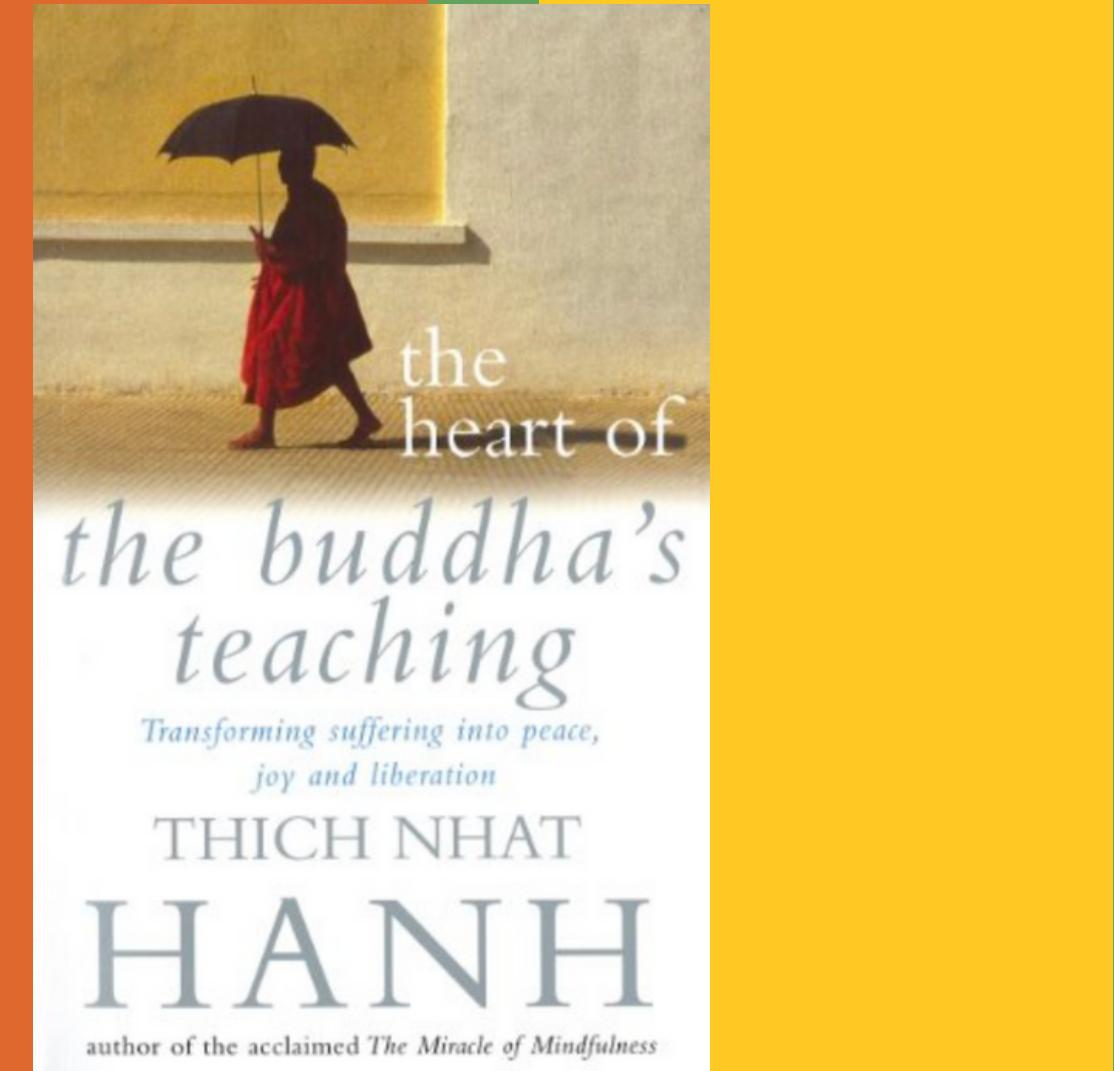
Using the New Positive
Psychology to Realize Your
Potential for Lasting
Fulfillment

Authentic Happiness

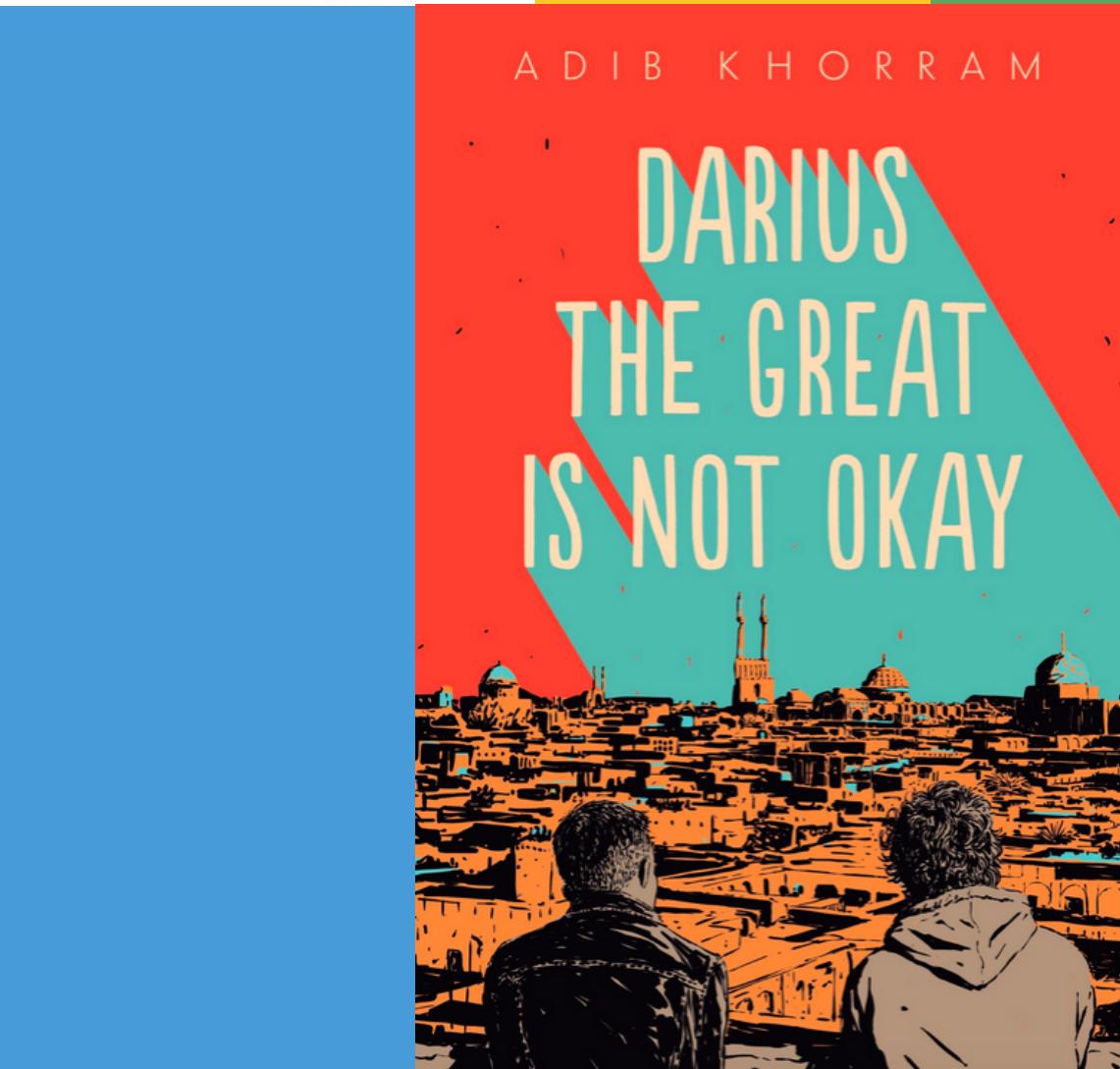
"At last, psychology
gets serious about glee,
fun, and happiness.
Martin Seligman
has given us a gift."
—Daniel Goleman, author
of *Emotional Intelligence*

Martin E. P. Seligman, Ph.D.

Bestselling author of *Learned Optimism*



WHAT'S ON THE READING LIST?



Interns read 1 book each week, and discuss it as a group every Friday. These are a few of the 7 books we'll read this summer!

You can order the book online or borrow digital copies via virtual libraries like:

<https://www.hoopladigital.com>

<https://archive.org>

BEFORE WE START, BE SURE TO...

By June 20th, complete this prep, to confirm your participation in the internship!

Complete Volunteer Orientation

[Login](#) to ServiceSpace,
[Create a profile](#),
[Get oriented](#).

Make a List of 7 Books + Your Top Pick

Research 7 books on themes of kindness, empathy, and service. Send Audrey your list, along with your top pick. We'll read 1 book a week, each chosen by an intern, who'll lead the discussion that week!

Research 10 Awakin Call Speakers

Shortlist 10 previous Awakin Call [speakers](#) that you'd love to interview and why. Send this to Audrey.

Get Familiar with ServiceSpace Portals

Every week, read 1 story from each of these sites:

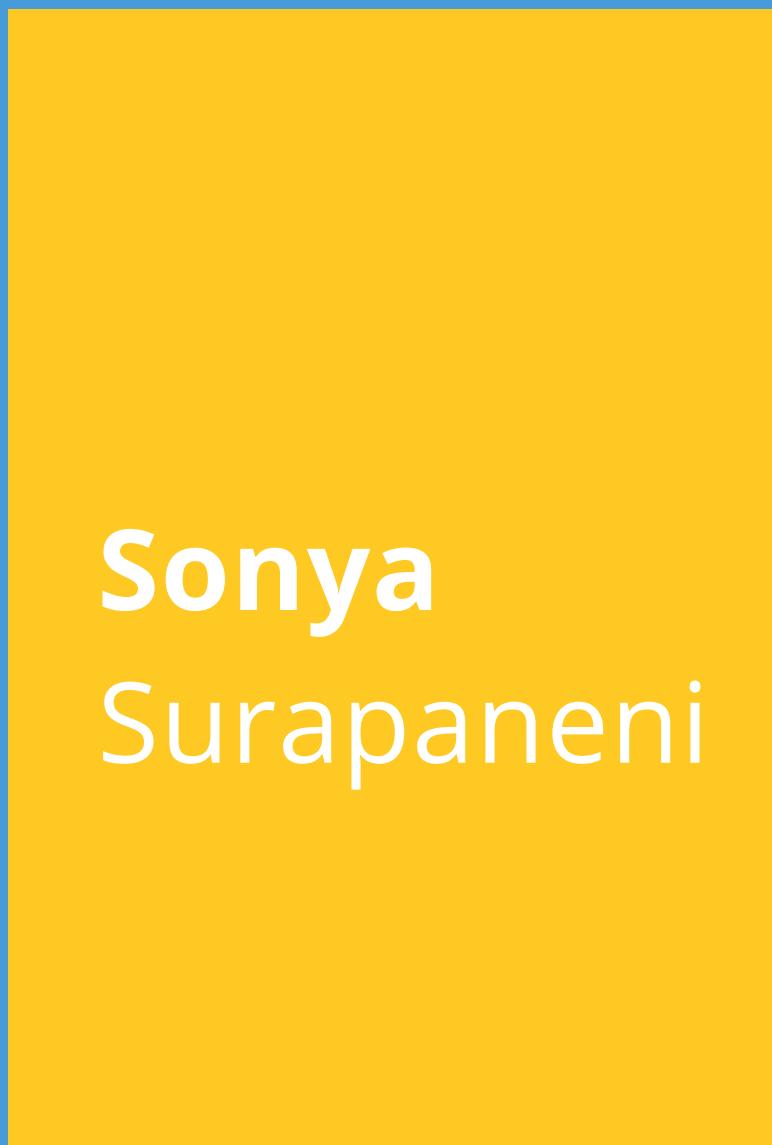
[KarunaVirus.org](#)
[DailyGood.org](#)
[KindSpring.org](#)
[KarmaTube.org](#)

Tell us what stayed with you -- [submit this form](#) weekly, by June 7, 14, and 20th!

2020 Interns



Leela Kiyawat



**Sonya
Surapaneni**



Lena Kimura



Mika Margalit



Frances Freais



**Tanvi
Kunte**



Anha Mehta

2020 Mentors



Amit "Dunga-Hug" Dungarani

Amritha "Stillness" Mandagondi

Audrey "Formless" Lin

Liz "Love Phantom" Pimentel-Gopal

Mark "Silent Sundays" Peters

Sophie "Congrats Grad!" Wu

Tim "Bhutan" Huang

Vishesh "Intern4Life" Gupta

Mentor Roles

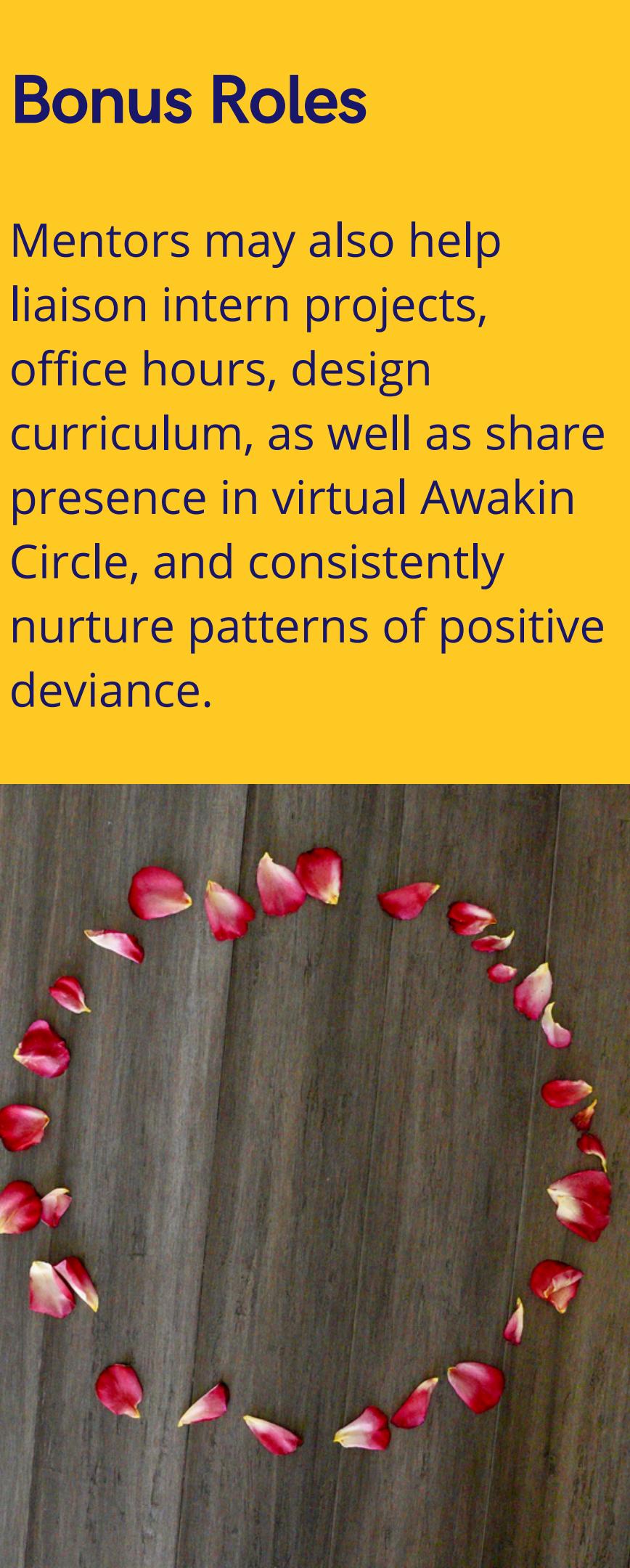
Weekly Group Call

Mentors attend and hold space on weekly group calls. They tune into emergence (individually and as a group), and support interns to think and act deeply.



Weekly 1-on-1 Intern-Mentor Calls

Each intern is paired up with a mentor. Together, they have weekly 1-on-1 calls. Mentors support interns with the internship experience, projects, and questions that arise.



Bonus Roles

Mentors may also help liaison intern projects, office hours, design curriculum, as well as share presence in virtual Awakin Circle, and consistently nurture patterns of positive deviance.



See you soon!

We look forward to diving in soon!

If you have any questions, reach out to
audrey@servicespace.org