



Pin



Medal



Award



Recognition

The DOC 200 Project for Outstanding Citizenship©

Revised Levels 1, 2, & 3©

By Louise Chickie-Wolfe, Ph.D.

Official Packet

What is Outstanding Citizenship?

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

An Outstanding Citizen demonstrates very specific and important Life Skills in the Core Areas of **Integrity, Acceptance, Service, and Patriotism**. Students perform and practice these skills 200 times. The DOC 200 Project was originally designed to celebrate the 200th anniversary of Indiana's statehood, but has been expanded to include any student who would like to join us in this worthwhile endeavor. Doing so by completing this project will earn the impressive status of DOC 200 (Demonstrating Outstanding Citizenship 200 times).

To combat devastating problems such as violence, bullying, crime, disrespect, and others, the DOC 200 Project for Outstanding Citizenship© teaches and guides students of all ages to practice outstanding citizenship skills at home, at school, and in their community. Young people of this nation can improve the quality of life for themselves and others through their participation in the DOC 200 Project by becoming specialists who repeatedly demonstrate the important DOC 200 Citizenship Skills listed below by grade levels.

The DOC Outstanding Citizenship Skills:

For Grades Kindergarten through Grade 2

- 1) For younger students in Grades Kindergarten through Grade Two, Level 1 is designed to teach and reinforce these skills:

INTEGRITY: Telling the truth,

ACCEPTANCE: Kindness,

SERVICE: Helping, *and*

PATRIOTISM: Showing appreciation to those who take care of you (parents, teachers, police officers, fire fighters, EMTs, etc.)



Young students work in these four general areas until a total of 200 actions are recorded in any combination. Optional: If older siblings are also working on the DOC 200 Project, parents may include some additional skills from the Level 2 List as they deem developmentally appropriate for their younger child(ren). However, no Level 1 student should work exclusively on Level 2 skills.



For Grades 3-8

- 2) For students in Grades Three through Grade Eight, Level 2 is designed to teach and reinforce these fifty Life Skills, and each skill is done Four Times:

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)

PATRIOTISM: 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)



For Grades 9-12 and College Level

3) For students in **High School (Grades Nine through Twelve) and College (undergraduate and graduate)**, **Level 3** is designed to teach and reinforce these Life Skills with an emphasis on Leadership Development:

Students complete each of the Fifty Life Skills on Level 2, Three Times each (see List above) plus the following 25 Leadership Skills, each performed Two Times:

(From Level 2: Complete each skill below three times)

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)

PATRIOTISM: 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)

AND

(Level 3 Leadership Skills: Students complete each skill below Two times)

INTEGRITY: Overcome adversity, Show courage, Show patience, Demonstrate hard work, Do the right thing when no one knows, Do something good even when you don't feel like doing it. (6 skills)

ACCEPTANCE OF OTHERS: Work for social justice, Build a connection with someone who is different than you, Have a positive impact on another, Mentor a younger student, Help remove a barrier that is hurting another, Thoughtfully help when someone is treated unfairly. (6 skills)

SERVICE: Demonstrate leadership skills, Use your talents to help others, Encourage others, Contribute your time and energy to a worthwhile endeavor, Create an opportunity for another, Make a positive difference in the life of another, Work with leaders and administrators, Lead a campus organization or activity. (8 skills)

PATRIOTISM: Use your talents to better the world, Improve one aspect of your community, Reflect upon your contributions to your neighbors and adjust accordingly, Work for and Defend equality and human rights, Proudly demonstrate your patriotism and loyalty to your country. (5 skills)

Fundamental Goals

Mature students working at Level 3 are expected to: A) plan, organize and implement important group service projects, and B) routinely focus on taking care of the earth and its inhabitants.

~~~~~  
For Levels 1, 2, & 3

### **REQUIRED SERVICE** to complete the DOC 200 Project for Outstanding Citizenship©:

All students practice 200 acts of Outstanding Citizenship, earning the status of DOC 200. The project will require at least 100 days to complete as no more than two Life Skills can be RECORDED per day (more can be done, but only two can be counted per day). This project is designed to take at least 100 days to complete 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 can count for only one skill even if the action involves more than one DOC skill. If it covers more than one area, just choose the skill for which you would like it to count.

The Sponsor should schedule and conduct a 15-minute Exit Interview (instructions available from Dr. Chickie-Wolfe) for students as they complete the project. At that time, students will present their paperwork (Log and Chart) to be verified and will be interviewed to discuss their experiences in preparation for the Awards Ceremony.

### **Awards and Recognition**

The first DOC 200 Awards Ceremony for students who completed the DOC 200 Outstanding Citizenship Project© took place on December 11, 2016, in honor of the date, 200 years before,

when Indiana achieved its statehood. As each new team completes its work, a new Awards Ceremony is planned and implemented by that team's sponsor(s). Instructions for presenting an Awards Ceremony are available to sponsors by contacting: [drchickie-wolfe@munsterhistory.org](mailto:drchickie-wolfe@munsterhistory.org) . Level 1 students in grades kindergarten through grade two receive an Outstanding Citizenship Pin and Certificate upon completion of their Project. Level 2 & 3 students earn a DOC 200 Outstanding Citizenship Medal on a Ribbon and Certificate when they finish their Project. Moreover, appropriate public recognition of this impressive accomplishment for all students is recommended at school and in the media.

High school students should include the DOC 200 Outstanding Citizenship Award on their college applications as recognition of exemplary character traits, leadership qualities and praiseworthy effort. College graduates should cite this recognition on job applications to verify the above referenced skills as well as accomplishments achieved during the completion of this meaningful project.

## Instructions

Students who wish to participate in the DOC 200 Outstanding Citizenship Project should register and download this Official Packet (available at [www.doc200project.com](http://www.doc200project.com) ). If you have any questions, contact the Munster Junior Historical Society Education Director and DOC 200 Project Administrator, Dr. Louise Chickie-Wolfe, via email at: [drchickiewolfe@munsterhistory.org](mailto:drchickiewolfe@munsterhistory.org) .

- 4) The DOC 200 Packet of Materials** includes 1) Overview and Instructions, 2) the DOC 200 Registration Form which is also available online, 3) My DOC Skills Log for each level (Levels 1, 2, and 3), and 4) a DOC Progress Chart (a record-keeping method that documents efforts and keeps track of progress) for each level (Levels 1, 2, and 3).

### **Record keeping Procedures for Students:**

- 5) “My DOC Skills Log” and “DOC Progress Chart”** Make a copy of the Log at the appropriate level, 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. Skills can be performed in any order.

Next, make a copy of the Chart at the appropriate level, and display it beside the Log. Students, you are encouraged to self-monitor your efforts by writing 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” of My DOC Skills Log 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.

Again, 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.

- 6) (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 200 and detailing some of their most meaningful experiences. Some of these journal entries can be read during the Awards Ceremony. Younger students are encouraged to draw a picture or make a poster showing their experience(s).
- 7) Care should be taken to be sure the student has the correct Form of the DOC 200 project based upon his/her grade level in school at the time the Project is started. The three levels, Levels 1, 2, and 3, each require different ways to accomplish the goals set forth. Level 1 students primarily work on four Life Skills and have the option of additional skills being added by parents as deemed appropriate, Level 2 students work on 50 Life Skills, and Level 3 students work on the 50 Life Skills of Level 2 plus 25 additional Leadership Skills.

### Benchmarks

The total number of Acts of Outstanding Citizenship demonstrated by the student on My DOC Chart reflects his/her progress in working toward achieving the status of DOC 200. Students on all levels should be encouraged to self-monitor and maintain their own record of performance. Each time they complete a group of 25 Life Skills, they move forward to the next Benchmark. Student will be encouraged when they are “Half Way Through” and will be reminded to contact their Sponsor when they complete 175 of the 200 required Life Skills so that necessary arrangements for their interview and awards can be undertaken.

### Timeline:

Students can begin their DOC 200 work as soon as they are Registered. One major goal of this experience is to build personal character. Therefore, it is the student’s responsibility to truthfully and accurately maintain records of their acts of Outstanding Citizenship. Students should also notify their Sponsor and the Munster Junior Historical Society via email or on Facebook (at Demonstrating Outstanding Citizenship - DOC 200) when they achieve the status of DOC 200 by completing the project. All verification of work is done at the exit interview by approved DOC 200 Proctor Professionals (school principals, teachers, professors, clergy, community leaders, etc.) Contact Dr. Chickie-Wolfe for an application to become an approved Proctor.

Teams:

Adults and students are encouraged to create DOC 200 Teams and to obtain a Sponsor to provide the Awards Ceremony when team members complete the project. A team can be as small as one student with a parent who serves as the sponsor, or as large as an organization or group of adults can effectively manage. Civic leaders including teachers, administrators, university faculty, youth group sponsors, businesses, clergy, etc. are encouraged to get involved by building teams.

The powerful impact of this fantastic opportunity for children, youth, and young adults upon our communities and, indeed, the world, will be compounded as more and more students participate. All adults should do their part to encourage students to undertake this challenge to promote increased awareness, responsibility, and outstanding citizenship. Everyone should become involved in this meaningful character-building project.

## My DOC Skills Log (Select appropriate Level)

### MY DOC SKILLS LOG – Level 1 (Kindergarten Through Grade Two)

(Place a star each time you do one of these skills. Be sure to practice each skill many times and in different ways. Remember, you can only earn one or two stars each day.) You will work on these skills:

INTEGRITY: Telling the truth,

ACCEPTANCE: Kindness,

SERVICE: Helping, *and*

PATRIOTISM: Showing appreciation to those who take care of you (parents, teachers, police officers, fire fighters, EMTs, etc.)



**BEING AN OUTSTANDING CITIZEN IS A LIFETIME JOB!**

# MY DOC SKILLS LOG, Level 1 (Kindergarten

**through grade three)** (Color a star each time a skill is practiced. Add more stars to total 200. Each skill should be done at least 25 times.)

|                                          |                                                                                      |
|------------------------------------------|--------------------------------------------------------------------------------------|
| 1. Telling the truth                     |    |
| 2. Being kind                            |   |
| 3. Helping others<br>(all living things) |  |
|                                          |                                                                                      |

|                         |  |
|-------------------------|--|
| 4. Showing appreciation |  |
|-------------------------|--|



**MY DOC SKILLS LOG – Level 2** (Grades Three Through Eight)

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...

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**MY DOC SKILLS LOG**

**Level 2**

(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<br>(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<br>(Seeing what needs to be done and doing it without being told) |  |  |  |  |
| 29.Effort (hard work)                                                           |  |  |  |  |
| 30.Accomplish a worthwhile goal                                                 |  |  |  |  |
| 31.Perseverance<br>(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) |  |  |  |  |

**PATRIATISM    A    B    C    D**

|                                                       |  |  |  |  |
|-------------------------------------------------------|--|--|--|--|
| 40.Honoring our country                               |  |  |  |  |
| 41.Displaying the flag                                |  |  |  |  |
| 42.Saying <i>The Pledge of Alligence</i>              |  |  |  |  |
| 43.Thanking our military personnel and their families |  |  |  |  |
| 44.Supporting our Constitution                        |  |  |  |  |



**MY DOC SKILLS LOG – Level 3    (High School and College)**

Students will complete the 50 life skills of Level 2, each done 3 times, plus 25 advanced leadership skills, each done 2 times. 150 stars are earned for Level 2 Life Skills [50 skills x 3] and 50 stars are earned for Advanced Leadership Traits [25 skills x 2].

# **MY DOC SKILLS LOG, Level 3 (High School and College) (Record each skill completed with a star.)**

## Fundamental Goals:

Mature students working at Level 3 are expected to: A) plan, organize and implement important group service projects, and B) routinely focus on taking care of the earth and its inhabitants.

## **MY DOC SKILLS LOG**

### **Level 3**

**(Place a star when performed)**

#### **INTEGRITY    A    B    C**

|                                      |  |  |  |
|--------------------------------------|--|--|--|
| 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**

|                                        |  |  |  |
|----------------------------------------|--|--|--|
| 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**

|          |  |  |  |
|----------|--|--|--|
| 25. Work |  |  |  |
|----------|--|--|--|

|                                                                                 |  |  |  |
|---------------------------------------------------------------------------------|--|--|--|
| 26.Service                                                                      |  |  |  |
| 27.Helping                                                                      |  |  |  |
| 28.Initiating<br>(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)              |  |  |  |

**PATRIATISM    A    B    C**

|                         |  |  |  |
|-------------------------|--|--|--|
| 40.Honoring our country |  |  |  |
|-------------------------|--|--|--|

|                                                                                     |  |  |  |
|-------------------------------------------------------------------------------------|--|--|--|
| 41. Displaying the flag                                                             |  |  |  |
| 42. Saying <i>The Pledge of Alligence</i>                                           |  |  |  |
| 43. Thanking our military personnel and their families                              |  |  |  |
| 44. Supporting our Constitution                                                     |  |  |  |
| 45. Following our laws                                                              |  |  |  |
| 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) |  |  |  |

***AND***

**(Complete each Advanced Leadership Skill Two Times)**

**INTEGRITY****A****B**

|                                                                    |  |  |
|--------------------------------------------------------------------|--|--|
| 51. Overcome adversity                                             |  |  |
| 52. Show courage                                                   |  |  |
| 53. Show patience                                                  |  |  |
| 54. Demonstrate hard work                                          |  |  |
| 55. Do the right thing when<br>no one knows                        |  |  |
| 56. Do something good even<br>when you don't feel like<br>doing it |  |  |

**ACCPTANCE OF OTHERS****A****B**

|                                                                     |  |  |
|---------------------------------------------------------------------|--|--|
| 57. Work for social justice                                         |  |  |
| 58. Build a connection with<br>someone who is different from<br>you |  |  |
| 59. Have a positive impact on<br>another                            |  |  |
| 60. Mentor a younger student                                        |  |  |
| 61. Help remove a barrier that<br>is hurting another                |  |  |
| 62. Thoughtfully help when<br>someone is treated unfairly           |  |  |

**SERVICE****A****B**

|                                                                    |  |  |
|--------------------------------------------------------------------|--|--|
| 63. Demonstrate leadership<br>skills                               |  |  |
| 64. Use your talents to help<br>others                             |  |  |
| 65. Encourage others                                               |  |  |
| 66. Contribute your time and<br>energy to a worthwhile<br>endeavor |  |  |
| 67. Create an opportunity for<br>another                           |  |  |
| 68. Make a positive difference                                     |  |  |

|                                                        |  |  |
|--------------------------------------------------------|--|--|
| in the life of another                                 |  |  |
| 69. Work cooperatively with leaders and administrators |  |  |
| 70. Lead a campus organization or activity             |  |  |

**PATRIOTISM**

**A**

**B**

|                                                                                           |  |  |
|-------------------------------------------------------------------------------------------|--|--|
| 71. Use your talents to better the world                                                  |  |  |
| 72. Improve one aspect of your community/country                                          |  |  |
| 73. Reflect upon your overall contributions made to your neighbors and adjust accordingly |  |  |
| 74. Work for and defend equality and human rights                                         |  |  |
| 75. Proudly demonstrate your patriotism and loyalty to your country                       |  |  |

**BEING AN OUTSTANDING CITIZEN IS A LIFETIME JOB!**

**AND**

**MY DOC SKILLS LOG – Level 3, Leadership Skills**

**(Complete each Advanced Leadership Skill Two Times)**

| <b>INTEGRITY</b>                                                   | <b>A</b> | <b>B</b> |
|--------------------------------------------------------------------|----------|----------|
| 51. Overcome adversity                                             |          |          |
| 52. Show courage                                                   |          |          |
| 53. Show patience                                                  |          |          |
| 54. Demonstrate hard work                                          |          |          |
| 55. Do the right thing when<br>no one knows                        |          |          |
| 56. Do something good even<br>when you don't feel like<br>doing it |          |          |

| <b>ACCPETANCE OF OTHERS</b>                                         | <b>A</b> | <b>B</b> |
|---------------------------------------------------------------------|----------|----------|
| 57. Work for social justice                                         |          |          |
| 58. Build a connection with<br>someone who is different from<br>you |          |          |
| 59. Have a positive impact on<br>another                            |          |          |
| 60. Mentor a younger student                                        |          |          |
| 61. Help remove a barrier that<br>is hurting another                |          |          |
| 62. Thoughtfully help when<br>someone is treated unfairly           |          |          |

| <b>SERVICE</b>                                                     | <b>A</b> | <b>B</b> |
|--------------------------------------------------------------------|----------|----------|
| 63. Demonstrate leadership<br>skills                               |          |          |
| 64. Use your talents to help<br>others                             |          |          |
| 65. Encourage others                                               |          |          |
| 66. Contribute your time and<br>energy to a worthwhile<br>endeavor |          |          |
| 67. Create an opportunity for<br>another                           |          |          |

|                                                        |  |  |
|--------------------------------------------------------|--|--|
| 68. Make a positive difference in the life of another  |  |  |
| 69. Work cooperatively with leaders and administrators |  |  |
| 70. Lead a campus organization or activity             |  |  |

**PATRIOTISM**

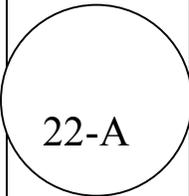
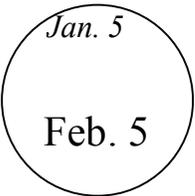
**A**

**B**

|                                                                                           |  |  |
|-------------------------------------------------------------------------------------------|--|--|
| 71. Use your talents to better the world                                                  |  |  |
| 72. Improve one aspect of your community/country                                          |  |  |
| 73. Reflect upon your overall contributions made to your neighbors and adjust accordingly |  |  |
| 74. Work for and defend equality and human rights                                         |  |  |
| 75. Proudly demonstrate your patriotism and loyalty to your country                       |  |  |

**BEING AN OUTSTANDING CITIZEN IS A LIFETIME JOB!**

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

| List DOC action by Number and Letter                                                                 | Date DOC skill was demonstrated<br><u>2017</u>                                    | Total Number of Acts Completed                     | Benchmark |
|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------|-----------|
| <i>(Example:</i><br> |  | Total Number of Acts Completed (listed from 1-200) |           |

The student enters information in the first two columns only.

My DOC Progress Chart

### DOC PROGRESS CHART

(Enter Skill from log and date when performed)

| List Skill by Number & Letter | Date (day & month) Performed (2017) | Total Number of Skills Completed |
|-------------------------------|-------------------------------------|----------------------------------|
|                               |                                     | 1                                |
|                               |                                     | 2                                |
|                               |                                     | 3                                |
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| OUTSTANDING |  |    |
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| HALF WAY THERE! |  |     |
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|                              |  | 25 |
| YOU<br>ARE<br>DOING<br>GREAT |  |    |
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|                             |  | 75 |
| KEEP UP<br>THE GOOD<br>WORK |  |    |
|                             |  | 76 |
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| NOTIFY<br>YOUR<br>SPONSOR<br>NOW |  |     |
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| AMAZING JOB!!!!<br>CONGRATULATIONS |  |            |
|                                    |  | <b>200</b> |

\_\_\_\_\_, 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](http://www.doc200project.com)**



**You Did It!**  
**Congratulations on Earning Your DOC!**

# DOC 200 Project for Outstanding Citizenship©

By Louise Chickie-Wolfe, Ph.D. ~ Sponsored by the Munster Jr. Historical Society, Munster, IN 46321 USA



## REGISTRATION FORM (hard copy)

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 Outstanding Citizenship 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 it will take a long time to accomplish. But I sincerely want to earn my DOC 200 status and be an Outstanding Citizen of the United States of America.

Date \_\_\_\_\_

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Grade

\_\_\_\_\_  
School

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Phone with area code

\_\_\_\_\_  
Email

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 complete the DOC 200 Project for Outstanding Citizenship.

\_\_\_\_\_  
\*(Parent/Guardian's Signature) \*Not required for H/S & 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](http://www.doc200project.com)