



**National Honor Society
Veritas Chapter
Sophomore informational meeting, 3/14/2019**

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- Just as the National Junior Honor Society recognizes students in middle school, 9th, and 10th grades for academic excellence and service, the National Honor Society (NHS) recognizes students in 11th and 12th grades. NJHS and NHS are different organizations with different requirements and application processes. Membership in NJHS does not automatically determine membership in NHS.
- Students in the sophomore class will be eligible to apply for membership at the end of this academic year (2018-2019) as rising juniors. Eligibility is open to sophomores who have achieved a cumulative grade point average (GPA) of 3.85 from the beginning of freshman year until the end of sophomore year (two academic years).
- If eligible, you will receive notification in mid-July in the form of an emailed nomination letter and application. The application consists of three pieces due in September and includes
 - 1) Documentation of forty (40) service hours from the beginning of freshman year through x2VOL.
 - a. No more than twenty (20) hours can be used **within** the Ursuline community.
 - b. At least twenty (20) hours **must be** completed **outside** of the Ursuline community which is defined as going out into the community to provide selfless acts that benefit others (not related to the girl) and requires a student to give personal time for a charitable outcome.
 - 2) A personal profile (this will be provided for you to fill out).
 - 3) An essay reflecting on your service hours.

Examples of service	Ineligible for service
<ul style="list-style-type: none"> • Volunteering at a nursing home/hospital/school • Volunteering at a non-profit organization • Volunteering for organizations like Hope Soup Kitchen, Meals on Wheels, Warm Hands Warm Hearts that serve a community's needs • Activities outside of the school day that require you to travel off campus and involve volunteer work • Babysitting ONLY if through a non-profit organization • In-school: Open House or other weekend school-related activities 	<ul style="list-style-type: none"> • Club activities within the school day or in preparation for a school event • Ring Day preparation • Mandatory school activities • Girl Scout service • Volunteering at a family/friend's business • Helping a grandparent in the garden • Dog walking • Mass participation (except rehearsal sessions for Cantors) • Peer Leadership • Peer Ministry

- **If accepted**, members must complete service twenty (20) service hours during each semester throughout junior and senior years. A service log and essay must be submitted for each semester. The same rules listed previously for the application apply for semester service to remain in good standing. Take this into consideration as you make your decision to apply for membership.
- Cheating and plagiarism are serious offenses. Any documented instances will be reviewed during the application process and are grounds for denial of NHS membership.
- You will receive a reminder email about the application process before the end of the school year.
- What can you do right now? If your GPA on Naviance indicates that you may be eligible for membership, log service hours on x2VOL if you haven't already and keep up-to-date.