

## Impact of Random Acts – Fall 2013 SMC

I used to worry about being judged or not taken seriously, but after hearing the stories of others doing it, I knew if they could do it, so can I. I did just that. S.R.

The best story was Mercedes. She told about getting back on the freeway just to take the same exit to give a homeless person money. The story warmed my heart as many people do not trust homeless people, but more of us need to be more like Mercedes and have the faith they won't spend it foolishly.

SR

The random acts gives you a great sense of gratification. It not only enriches one's emotional experience but also strengthens one's ability to communicate to a fellow human being who may be in a different set of circumstance.

Justine told about a time she took out to listen to a stranger's problems over a cup of coffee. She spoke volumes about her generosity she offered to understand a stranger in turmoil.

AS

I have been able to see the brighter side of life. I have chosen to give people the benefit of the doubt and been more helping to other. Each act no matter how insignificant can make a world of difference to others. MG

Favorite story one small gesture can start a chain reaction and make people feel really good sense of joy in the Starbucks story. It offers hope for humanity and despite all the bad in the world there are still those who are compassionate and want only good for the world.

VB

The random acts pushed me out of my comfort zone and by talking to other people I now feel more comfortable.

TM

The one act that stood out the most was the one I had done with my brother helping a homeless man sleeping in the park across the street from us. TM

The fact we were encouraged to write about them sends a chill down my spine; it helps me realize I am a good person. We often think that everyone notices all our mistakes, but who ever acknowledges the good? Who cares. Do it for you. Do it for others in need. MG.

The assignment of Random Acts was my first time I got up in front of class and gave a speech. It definitely was an ice breaker. I really enjoyed listening to everyone's story. Kimberly's story of helping a new student on campus was my favorite. There were so many stories this definitely helped us and

shaped us into becoming more self aware and not fearful to lend someone a helping hand. We can improve the world we live in one act of kindness at a time. M H.

At first I assumed many people did it for easy points, but in the long run it can make one realize even the smallest good deed can make a big difference. D. C.

Random acts helped us say our acts to our peers forced us to stand and talk to them. Since they were not graded it gave us the chance to talk to the class without feeling the pressure of being graded. DB

It helped the class be prepared for the big grades speeches. It gave them a chance to feel comfortable telling their story. K. L.

I was happy a simple gesture can change someone's life for the better. I became a better person because I don't worry about my life but also get to worry and help other people's life. K. L.

I look to help people more. I now see myself looking around more often in public to think about what I might be able to do to help others. JS

The Random Acts were a nice change compared to other regular homework assignments. They make you go out in the real world and make a difference in someone's life. It helped me overcome my shyness. This helped me overcome that and if not I would have never met the 90 year old lady who changed my life. MG

It helped me talk to strangers and become excited to meet new people. I think everyone could be a nicer person by doing these acts. I know I did. MR

Random Acts improved my conversational skills. I am now more outgoing and it inspires other to do kind thing to.

If everyone did one small thing each day, our world would be filled with so much love. CR

It almost seemed like a vital speech but your own talk in front of your peers. JP

It made me happier. JP

Random Acts helped improve the conversational skills when I presented them in front of the class. The acts also aided my conversational skills.

### Changed you

It gave me a different perspective of the world. It allowed me to see the needs of others, which happens when you look outside your own needs. I can now do INTENTIONAL acts of kindness rather than RANDOM acts of kindness. AP

I became a better person whether it be at work, school, home or on the street, these acts made me realize that making a small difference in someone's day can have a tremendous impact on their lives.

Eric story with Starbucks. The continuing cars who paid for each other made my heart melt. Chandler

Eric story resulted in a chain reactions of people doing the same. This shows how acts of kindness became contagious and encourage other people to do the same. Aaron

My story from driving on the freeway and stopping to get money out to help a lady and young girl. Jenny.

It forced me to become bold and confident. It is vital skill that could be applied to public speaking. Aaron

Eric story showed how a small event can trigger a huge reaction. Federico

WILL YOU CONTINUE:

YES, It is really rewarding to make someone's day by the simple fact that you can. D.

I will continue to do them because many people in the world need some cheering up. K.

Everyone should continue to spread the love to world and the human race needs to help each other out. I will continue to do them.

I will definitely continue as I have signed up to do a mission work. I will do a lot of volunteer work this summer. J.

This allowed me to think less of myself less, and seek the needs of others. This is the best quality a person can possess. I will continue to seek out opportunities to do acts of kindness. Changing the world starts with small things such as doing random acts of kindness. A.

The random acts not only improve the quality of life of others, but my own as well. They take little effort and they have the greatest benefits by bettering my mood and making me feel like I make a difference. Nothing makes a person happier than helping other people and changing lives. F.

Grades evaluation

As a business major taking this class filled with random acts of kindness really boosted my persona. I have become much more humble. Although I want the best grade possible, I also realize I haven't been consistent with my class work and attendance for personal reason. However, whatever I do receive will walk away with much more than credits. N. S.

What I have learned from this experience and from college so far it to follow the syllabus given by the professor. TR

To me it is not as important to have the best paper every time and it is to be improving in the class. I think because I took a liking to the class, it made me more passionate to the work in class. Although the

class was not easy it was very challenging. Just like in life when you work hard for something you will accomplish it. I think that I learned more in this class than I ever expected.

Ch.

I know that I applied myself to the best of my abilities. I gained a great deal of training in public speaking both intellectually and experientially. This class had helped prepare me for my success in my future academic and workplace proceeding. I appreciate your time and effort in teaching this class and for the sake of future Smc STUDENTS, hope you remain in such a capacity for some time to come.

L.

I wished I could have put it more effort. I had suffered some trauma halfway through the semester. I wish these thing wouldn't have happened. I believe that everyone will go through similar situations, but it all depends on how people handle it. I will definitely recommend this class to anyone. A.

I would not change most of the choice, however one notable one would be more confident. I saw this at the end of the semester; I should have had it from the start. I could have always done better on memorization but that goes for the rest of the class as well. F.

I found the exercise on the hook at the start of class as the most beneficial. There wasn't a lot we needed to for this exercise. Personally, I found knowing it would over soon. Having a topic in my head, I knew my speech and I would be fine. L.

The material which we were required to complete during the semester seemed to be rigorous at first, but once I got in the swing of things it was not too bad at all. Complete all the assignments and don't compare yourself to others. You are giving your own speech and the only person who you should be competing against is yourself. Enjoy the class, it goes by very quickly! F.