By the end of the Spring 2012 semester (your freshman year), please complete the following requirements:

- **Complete 20 hours of Community Service**
  
  You must submit a form to 255 Capen documenting service hours

- **Attend Two CPMC Workshops**
  
  (If you are unable to attend the CPMC Workshops, you must attend one Life & Learning Workshop within the “Academics & Study Skills” category http://workshops.buffalo.edu/). Please note you must submit a workshop verification form to the workshop presenter and return to 255 Capen.

By the end of the Spring 2014 semester (your junior year), please complete the following requirements:

- **Complete two experiential learning activities (see handout for approved activities)**

- **Complete 10 hours of Community Service**
  
  (In addition to the 20 hours needed for Leadership Certificate)

- **Attend Two CPMC Workshops**
  
  (If you are unable to attend the CPMC Workshops, you must attend one Life & Learning Workshop within the “Academics & Study Skills” category http://workshops.buffalo.edu/). Please note you must submit a workshop verification form to the workshop presenter and return to 255 Capen.