Altruistic Act of Kindness

Extra Credit Project

**Directions:** Demonstrate altruism by performing an extreme act of kindness for someone without them knowing. There are no limits to the type of behavior you can perform, but it needs to be substantial and meaningful, not something simple like a compliment. Complete the following worksheet after performing the act. If you’re not sure whether your action would constitute altruism or not, please contact me. You’ll also need to attach evidence of your deed—typically either a picture or a video. I’ve left a blank spot to attach or place the picture, but you can also send it to me as an e-mail attachment if you’d prefer.

1.) **What was the act of kindness you performed?** Explain in detail.

2.) **Attach evidence of the act of kindness here, if applicable.** You can also e-mail me the evidence as an attachment if that’s easier for you. If your completed act was something that’s impossible to provide evidence for, simply explain why below.

(continue answering questions on backside of the worksheet)
3.) Why did you choose this person and why did you choose this act to perform? How will he/she benefit from the kindness?

4.) Based on your answer to #2, would social exchange theory, reciprocity norm, or social-responsibility norm explain why you chose him/her? If so, explain which and why. If not, explain why not.

5.) Was it difficult performing this act knowing you would not benefit, be rewarded in any way, or recognized for doing it? Why or why not?

6.) How did you feel after completing the act? Or how do you feel now? Did it create any unusual emotions for you? Explain.

7.) If possible to know, how did the recipient respond to your act of kindness? This may not be able to be answered, in which case you can skip the question.

8.) Have you ever been the recipient of an altruistic act before? If so, explain what it was and why you think it happened for you.

9.) Did completing this make it more or less likely for you to complete further acts of kindness in the future? Explain why or why not.