



Packet for Grades 11-12

Grades 11-12 Packet

Essential Questions:

- 🐾 How can I pursue my passion in animal welfare?
- 🐾 How can I continue to learn and grow in animal welfare?

Enduring Understandings:

- 🐾 I can plan to make a difference in the world around me by studying for a career in animal rescue.

Grades 11-12 Packet

Career and College Planner	Animal Welfare	Ways I Can Help
<p>🐾 Activity: Career and College Planner</p> <p>🐾 Standards:</p> <ul style="list-style-type: none"> 🐾 CCSS.ELALITERACY.W.11-12.7 Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation. 🐾 CCSS.ELA-LITERACY.W.11-12.8 Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the task, purpose, and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation. 	<p>🐾 Activity: Scientific Benefits of Pet Ownership</p> <p>🐾 Standards:</p> <ul style="list-style-type: none"> 🐾 CCSS.ELA-LITERACY.W.11-12.1 Write arguments to support claims in an analysis of substantive topics or texts, using valid reasoning and relevant and sufficient evidence. 🐾 CCSS.ELA-LITERACY.RI.11-12.1 Cite strong and thorough textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text, including determining where the text leaves matters uncertain. 	<p>🐾 Activity: Volunteer Guidelines</p> <p>🐾 Standards:</p> <ul style="list-style-type: none"> 🐾 CCSS.ELA-LITERACY.W.11-12.6 Use technology, including the Internet, to produce, publish, and update individual or shared writing products in response to ongoing feedback, including new arguments or information.



Name _____ Date _____

Benefits of Pet Ownership¹

We all love our pets! On a bad day, they always make us feel better. But did you know there is a lot of health benefits to owning a pet? Read the article below and answer the questions at the end in complete sentences.

The Science-Backed Benefits of Being a Cat Lover

BY KIRA M. NEWMAN | AUGUST 8, 2018

Today is International Cat Day. Cora will probably start the morning like she does any other: by climbing on my chest and pawing at my shoulder, demanding attention. I will sleepily lift up the comforter and she'll snuggle underneath it, sprawled at my side. For Cora—and thus for me—every day is International Cat Day.

Cats may wake us up at 4 a.m. and barf at an alarming frequency, yet anywhere between 10 to 30 percent of us call ourselves “cat people”—not dog people, not even equal-opportunity cat and dog lovers. So why do we choose to bring these fluffballs into our homes—and spend over \$1,000 per year on one who isn't genetically related to us and frankly seems ungrateful most of the time?

The answer is obvious to me—and probably to all cat lovers out there, who need no scientific research to justify their fierce love. But scientists have studied it anyway and found that, while our feline friends may not be good for our furniture, they might make some contribution to our physical and mental health.

1. Well-being

According to one Australian study, cat owners do have better psychological health than people without pets. On questionnaires, they claim to feel more happy, more confident, and less nervous, and to sleep, focus, and face problems in their lives better.

Adopting a cat could be good for your kids, too: In a survey of more than 2,200 young Scots ages 11-15, kids who had a strong bond with their kitties had a higher quality of life. The more attached they were, the more they felt fit, energetic, and attentive and less sad and lonely; and the more they enjoyed their time alone, at leisure, and at school.

¹ Newman Follow Kira M. Newman Kira M. Newman is the managing editor of Greater Good. Her work has been published in outlets including the Washington , K. M. (2018, August 8). *The science-backed benefits of being a cat lover*. Greater Good Magazine. Retrieved November 2021, from https://greatergood.berkeley.edu/article/item/the_science_backed_benefits_of_being_a_cat_lover.



With their gravity-defying antics and yoga-like sleeping postures, cats may also cajole us out of our bad moods. In one study, people with cats reported experiencing fewer negative emotions and feelings of seclusion than people without cats. In fact, singles with cats were in a bad mood less often than people with a cat *and* a partner. (Your cat is never late for dinner, after all.)

Even Internet cats can make us smile. People who watch cat videos online say that they feel less negative emotion afterward (less anxiety, annoyance, and sadness) and more positive feelings (more hope, happiness, and contentment). Admittedly, as the researchers found, this pleasure becomes a guilty one if we're doing it for the purpose of procrastination. But watching cats annoy their humans or get gift-wrapped for Christmas does seem to help us feel less depleted and regain our energy for the day ahead.

2. Stress

I can attest that a warm cat on your lap, giving your thighs a good kneading, is one of the best forms of stress relief. One afternoon, feeling overwhelmed, I said aloud, "I wish Cora would sit on my lap." Lo and behold, she trotted over and plopped down on me seconds later (though attempts to replicate this phenomenon have been unsuccessful).

In one study, researchers visited 120 married couples in their homes to observe how they would respond to stress—and whether cats were any help. Hooked up to heart rate and blood pressure monitors, people were put through a gauntlet of daunting tasks: subtracting three repeatedly from a four-digit number, and then holding their hand in ice water (below 40 degrees Fahrenheit) for two minutes. People either sat in a room alone, with their pet roaming around, with their spouse (who could offer moral support), or both.

Before the stressful tasks began, the cat owners had a lower resting heart rate and blood pressure than people who didn't own any pets. And during the tasks, the cat owners also fared better: They were more likely to feel challenged than threatened, their heart rate and blood pressure were lower, and they even made fewer math errors. Out of all the various scenarios, cat owners looked the most calm and made the fewest errors when their cat was present. In general, cat owners also recovered faster physiologically.

Why are cats so calming? Cats won't judge us for our poor math skills, or become overly distressed when we're distressed—which explains why cats were actually a more calming influence than significant others in some cases.

As Karin Stambach and Dennis Turner of the University of Zurich explain, cats aren't simply small beings who are dependent on us. We also receive comfort from them—there's an entire scientific scale that measures how much emotional support you get from your cat, based on how likely you are to seek them out in different stressful situations.



Cats offer a constant presence, unburdened by the cares of the world, that can make all our little worries and anxieties seem superfluous. As journalist Jane Pauley said, “You cannot look at a sleeping cat and feel tense.”

3. Relationships

Cats are beings we care for and who care for us (or at least we believe they do). And people who invest in this cross-species bonding may see benefits in their human-to-human relationships, as well.

For example, research has found that cat owners are more socially sensitive, trust other people more, and like other people more than people who don't own pets. If you call yourself a cat person, you'll tend to think other people like you more compared to someone who is neither a cat or dog person. Meanwhile, even people who watch cat videos feel more supported by others than people who aren't such big fans of feline digital media.

While these correlations may seem perplexing, it makes sense if you consider cats just one node in your social network.

“Positive feelings about dogs/cats may engender positive feelings about people, or vice-versa,” write Rose Perrine and Hannah Osbourne of Eastern Kentucky University.

When someone—human or animal—makes us feel good and connected, it builds up our capacity for kindness and generosity toward others. As that study of Scottish adolescents found, kids who communicate well with a best friend are more attached to their cats, probably because they spend time playing as a trio.

“Pets appear to act as ‘social catalysts,’ inducing social contact between people,” write U.K. researcher Ferran Marsa-Sambola and his colleagues. “A pet can be accepting, openly affectionate, consistent, loyal, and honest, characteristics that can fulfill a person's basic need to feel a sense of self-worth and loved.”

4. Health

Finally, despite what you might have heard about kitty-to-human brain parasites, there's a smattering of evidence that cats could be good for our health.

In one study, researchers followed 4,435 people for 13 years. People who had owned cats in the past were less likely to die from a heart attack during that time than people who had never owned cats—even when accounting for other risk factors like blood pressure, cholesterol, smoking, and body mass index.

This was true of people even if they didn't have cats currently, the researchers explain, which suggests that cats are more like preventative medicine than treatment for an ongoing disease. In another study, James Serpell of the University of Pennsylvania followed two dozen people who had just gotten a cat. They completed surveys within a day or two of bringing their cat



Name _____ Date _____

Community Outreach and Service Log

There are many ways to help the organizations in your area! Most require an age limit for volunteering that you may now be old enough to go into the site and work with them! In order to decide which shelter or rescue to volunteer, you are going to complete a brief research project. Then, contact the organization, set up your hours and keep track of them on the log below! Helping your community is important, but it is important to keep a record of your hours for college applications and scholarship opportunities!

Organization	Contact Info	Volunteer Guidelines
<i>What is the organization's name? What is/are their social media handle(s)? What is their mission?</i>	<i>List the name of the Volunteer Coordinator, the main number, or email addresses that you can contact for more information.</i>	<i>Can I volunteer (check guidelines), can I donate my time, talents, or treasures? Can I make something for them? Can I organize a drive for materials, etc?</i>



Organization	Contact Info	Volunteer Guidelines

1. Which organization is the most interesting to you? Why? Call them and coordinate your volunteer hours!



Name _____ Date _____

Careers with Animal Research Project

There are many jobs specific to animal rescue! Below are some jobs you may not have heard of before! Today, you are going to complete a research project to find out what the requirements are for schooling for each career! Then, you will look into colleges and universities around you for these programs! You are going to create an action plan and vision board for your dream career!

Job	What do they do?	List the degrees needed to have this career.	What colleges around me have this program? (If none are around me, where could I go?)
Marine Rescue Officer			
Wildlife Rehabilitator			
Wildlife Conservationist			



Job	What do they do?	List the degrees needed to have this career.	What colleges around me have this program? (If none are around me, where could I go?)
Shelter/Rescue Director			
K9 Unit Trainer			
Animal Rescue Officer			
Career of Your Choice			



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College Planner Action Plan

Now that you have looked at multiple careers, you are going to pick your dream job and map out how to get there! Anything is possible with hard work and the right plan!

For what career are you making an action plan? Why did you pick this career?

College/ Univeristy/Junior College/Institution and website	What is the name of the program?	What is the credit requirement to graduate?	Positives of this institution.	Negatives of this institution.



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Vision Board Creation!

Directions: You are going to create a vision board for your dream! A successful vision board is something that inspires you to keep going when things get difficult. There is no right way to complete a vision board, but here are some suggestions of what to include!

- 🐾 Photos of people in the career doing their job!
- 🐾 The animal(s) you want to help/save!
- 🐾 A mission statement (remind yourself why you want this dream!)
- 🐾 Pictures of your family or those people that support you
- 🐾 Pictures of volunteer work you have done and animals you have helped already!
- 🐾 An inspirational quote!

