

Volunteer Interests

Name: _____

Point of the Assignment: 1) Recognize the career development benefits of volunteering. 2) To help you identify why and where you want to volunteer. 3) To identify how much time you are willing and able to devote to volunteer activities. 4) To help you think about where you can look for volunteer activities.

Benefits of Volunteering. Volunteering your time and energy towards a cause you are interested in can benefit you in many ways:

- **Employability:** Individuals who volunteer develop important skills and experience, and have tangible activities to list on their resumes. It is a good way for the unemployed to fill in time gaps on their resumes. It can be a great way to get started in a field or career where you have no experience. Volunteering is also a great way to learn how an industry operates and how things are done, through understanding the industry's culture, values, rules, and priorities. It can also offer you an opportunity to acquire professional references.
- **Health:** Volunteering can give individuals a positive outlet and meaning and purpose for their lives, which promotes positive health.
- **Social Connections:** Volunteering provides an opportunity to meet new people, make friends, and be around like-minded people.
- **Provides Opportunities:** By volunteering in an area of interest, an individual is exposed to new places and people and opportunities, which can often times, lead to networking, jobs, and finding purpose for one's life.

For more information on the benefits of volunteering, refer to "Career Development Benefits to Volunteering".

<http://careerdevelopmentmusings.wordpress.com/2014/07/13/career-development-benefits-to-volunteering/>

As you consider engaging in volunteer activities, start by asking yourself why are you interested in volunteering?

What experience(s) and/or skills are you hoping to gain?

How do you feel about helping out in areas that are not directly relevant to your goals if the organization needs something done?

What transferrable skills / experiences can you contribute?

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What other resources can you contribute (money, space, supplies, etc.)

Under normal circumstances, how many hours per week will you be available? (If varies by semester/season, then indicate 'in general' as well as for this semester/season.)

What days and hours are you available this semester/season?

What days and hours are you NOT available this semester/season?

Based on what you have learned about yourself so far (personality, interests, values, etc.) where should you start to look for volunteer experiences? Consider checking out the following resources for some ideas:

- <http://www.idealists.org/>
- <http://www.volunteermatch.org/>
- <http://www.handsonnetwork.org/>
- <http://www.escus.org/>
- <http://www.score.org/volunteer>
- <http://www.cacareercafe.com/associations/> (a database of professional associations)
- www.volunteer.gov
- www.allforgood.org

Identify 2-5 options to consider getting involved in.

As you answer the above questions, what is your "inner voice" saying to you right now?

Test your understanding:

What is the main point of this assignment?

Why were you expected to do this exercise?

What type of person would need to do this exercise?

How well do you fit the profile of the person for whom this assignment was created?

Reflection: (Write down your response after completing this assignment.)
