

Exercise 3: Volunteering In Your Community

Volunteering is a great way to get involved in your community while gaining valuable work experience for your résumé.

1. Brainstorm some of the causes you think are important (examples include helping the homeless, cleaning up trash in public areas, supporting cancer patients through treatments, helping abused and neglected animals, working with the elderly, reading to or mentoring children, or donating blood)
 - a. Some of the causes I find important are _____

 - b. Ways I would enjoy addressing one of the causes I listed above and helping my community include _____

2. Use the Internet or other resources to research local groups that are actively involved in some of the areas you listed above. Find a contact person for each group, if possible.
 - a. Organization: _____ Contact: _____
 - b. Organization: _____ Contact: _____
3. Select one of the groups, and contact either an administrator or another volunteer and ask them the questions listed below.

Organization I chose to contact: _____

- a. What types of activities do volunteers at the organization perform?

- b. How much time are volunteers required to commit to?

- c. Who benefits from the services the organization provides?

- d. Does the organization have any upcoming volunteer opportunities?

