

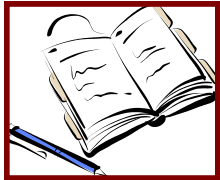
# Volunteering



## YOU MAY WANT TO INCLUDE....



- **Community Contacts**



- **Record of volunteer activities**



- **Certificates, awards, etc**

# Volunteering *By Max Barrows*



When I was in high school, I volunteered in several ways. One place, that always needs help, was the Vermont Food Bank in Barre Town. The Vermont Food Bank gives out food for those in need. This includes the elderly, those with low income, soup kitchens, etc. The work happens in a really huge warehouse. We boxed up all kinds of packaged foods. These orders went on a tractor trailer truck for delivery across the state. For the hour or two a week the work was fun. I also helped out with Meals on Wheels. This is a program that delivers lunches to older folks who can't get out easily. It felt good to give to the community and build relationships. Later, after I graduated, I volunteered at the Senior Center. There, I helped people learn Internet skills. This allowed them to stay in touch with family and friends through e-mail. This was my favorite volunteer work. The people seemed very happy to see me each time I came back. They appreciated the help in staying connected.

This kind of work makes me feel positive. I enjoyed building relationships with people I would never have known. I also enjoyed being appreciated for the work I did with them. When you give your time, you can sometimes get rewarded with good vibes. Volunteering can also be a preview of the work

world. You learn about scheduling and being on time. For example, you can't show up at any old time for Meals on Wheels. You've got to be there before lunch! You also learn about tasks that need to be done each day. The person in charge decides on priorities for you to do. This gets you used to the idea of working for a boss.

To get involved in volunteering, you should first know what might interest you. Volunteering is good, but not if it's something that turns you off. The next step is to find out the options available. Are there programs for students to connect with volunteerism in the community? If not, use your Individual Educational Plan (I.E.P.) to advocate for your needs. You should start learning to be in charge of your own I.E.P.! You can also search in the larger community for other opportunities, or with your local self-advocacy group!

Volunteering helped me prepare for work. It made me feel good by giving back to the community. I really liked the relationships I made with the people I worked for and with. You too can have an experience with good vibrations through volunteering!

# Volunteering



Volunteering is working without pay.  
You may be asking “Why would I do that?”

Answer the following questions.

	YES	NO
1. Do you want to learn something new?		
2. Do you have skills to offer?		
3. Do you enjoy computers and have access to the internet?		
4. Do you like to help others?		
5. Do you want to meet new people?		
6. Do you find yourself bored sometimes?		
7. Do you want to feel a part of something?		
8. Do you like to feel needed?		
9. Do you want to be busy?		
10. Do you want to feel better about yourself?		
11. Do you need to get some job experience?		
12. Do you need to practice skills so you don't forget them?		
13. Do you have enthusiasm and energy?		
14. Do you like to have fun?		
15. Do you want to give back to your community for some help you have gotten?		

# Volunteering



**It's Your  
Choice!**

**How many of the questions did you score a “Yes” answer for? \_\_\_\_\_**

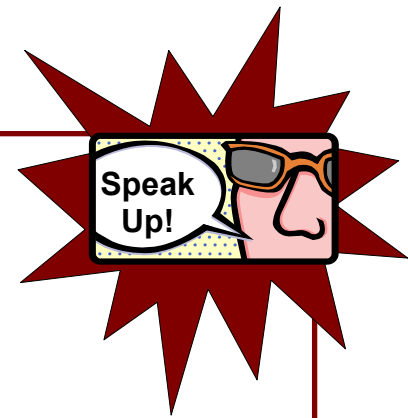
**That is how many reasons you have to volunteer!**

**You may be thinking, “What could I do?” There are many ways you can volunteer.**

**Here’s just a few. Mark the ones you might be interested in.**

- Serve at Homeless Shelters
- Stuff envelopes or sort food at the Food Bank or Food Shelves
- Knit sweaters, mittens, hats... and give them to an organization.
- Help raise money or help build a house for Habitat for Humanity
- Reading to people who are visually impaired or children.
- Hospitals need volunteers to transport patients and equipment or bring magazines around.
- Libraries and museums need guides or book organizers.
- Senior Centers need people to help with computers and other activities.
- Animal shelters need walkers, and cleaners.
- Red Cross need people to help in disasters or organizing.
- Salvation Army needs people to serve food or sort donations or ring the bell at the Holidays.
- Political Campaigns need people to make phone calls, stuff envelopes, go door-to-door, or hold signs.
- Virtual Volunteering might be typing for someone with a disability or emailing a shut-in.
- Parks, hiking trails need raking, clearing, picking up trash, or mulching.
- Volunteer Fire Departments need help keeping the equipment in working order, fighting fires, or supporting fire fighters.

# Volunteering



**Let your team know volunteering is very important to you.**

## **What do I need to think about?**

- What are my interests?
- What skills do you have to offer?
- How does volunteering help you reach your goals?
- What cause or issue is important to you?
- Do I have time in my schedule?
- How will I get there?
- Would it be fun to volunteer as a group?

## **Who should I contact?**

1. Who on my team should I ask for help?  
\_\_\_\_\_
2. [www.volunteermatch.org](http://www.volunteermatch.org)
3. Look up specific organizations (Red Cross, Cancer Society, Local Hospital etc.) in the Yellow Pages and call them.