

Name _____

CAP Teacher _____

Date _____

WHY VOLUNTEER? (Part 1)

Volunteering and Community Service

Why Get Involved

- ✦ Agencies and service recipients benefit from and appreciate youth volunteers.
- ✦ **The quality of life in a community improves.**
- ✦ Gain real job skills and experience
- ✦ **Opportunity to explore possible career options**
- ✦ **Contacts with professionals who can be important resources later on for jobs and references on college, scholarship or job applications**
- ✦ **Able to list your volunteer experience on your resume, job applications, college applications and scholarship applications.**
- ✦ Opportunity to meet and interact with different types of people
- ✦ Establish good work habits such as responsibility, punctuality and a good attitude
- ✦ **Satisfaction knowing that you can make a difference**
- ✦ Gain a real sense of civic responsibility

Ways to Get Involved

- ✦ **Participate in Established Programs**
 - Charity walks
 - Volunteer at hospitals, museums, animal shelters, etc.
- ✦ **Create Your Own Project**
 - Mowing your elderly neighbors' lawn
 - Entertain patients at a children's hospital or nursing home
 - Establish your own collection drive for the underprivileged: Toys, food, clothing, school supplies, etc.
- ✦ **Short-Term Projects**
 - Non-perishable item collection for the Food Bank
 - One-day beach clean up
 - Campus Beautification
- ✦ **Long-Term Experiences**
 - Helping daily at the elementary school's A+ Program
 - Volunteering to work once a week at the Humane Society

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WHY VOLUNTEER? (Part 1)

What is your definition of volunteering and community service?

What are some benefits of doing community service? (list at least 5)

- 1.
- 2.
- 3.
- 4.
- 5.

List some community service projects that you participated in. (at least 5)
You may also add projects that friends or family members participated in.

- 1.
- 2.
- 3.
- 4.
- 5.

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HOW DO I GET INVOLVED? (Part 2)

Organizing A Class Project

Your CAP class has decided to organize their own group community project.

****This is only an exercise and does not require your class to follow through on this project****

1. Go over each of the following criteria for a good service project with your students.

- ❖ Your project must meet a real need in the community
- ❖ Your project must value the talents and interests of your classmates.
- ❖ The students must enjoy doing this project.
- ❖ The class must agree on a few goals for doing the project.

2. Brainstorm with your class for service projects ideas. Below is a list of project possibilities.

Animals: <ul style="list-style-type: none"> ○ Adopt a zoo animal 	Special needs: <ul style="list-style-type: none"> ○ Volunteer with Special Olympics
Community Development: <ul style="list-style-type: none"> ○ Clean up projects ○ Teen voter registration ○ Recycling ○ Paint over graffiti ○ Create public service announcements or ad Campaign about an issue you feel is important 	Homeless: <ul style="list-style-type: none"> ○ Organize good, bathroom supply, clothing, etc. drive for homeless shelter ○ Make and donate personal care kits ○ Prepare food and deliver to shelter ○ Prepare goodie bags for children on special occasions ○ Hold a specialized food drive
Educational/Literacy: <ul style="list-style-type: none"> ○ Help elementary school ○ Tutor at A+ program ○ Conduct a book drive ○ Help elem. School hold a read-a-thon 	Health/Seniors: <ul style="list-style-type: none"> ○ Organize hospital visits—plan games, crafts, entertainment for children or senior citizens.
Environment: <ul style="list-style-type: none"> ○ Adopt a highway ○ Plant trees ○ Clean a stream, beach, park ○ Conduct environmental awareness campaign ○ Stencil anti-litter messages on storm drains 	Safety: <ul style="list-style-type: none"> ○ Raise money and purchase smoke detectors for low-income homes ○ Write and perform skit on safety tip for young children. ○ Conduct a safe driving campaign—make posters, presentations, perform skits

3. Go over the list and have your students select one or two projects that might interest the entire class.

4. Discuss the next steps involving if the class (hypothetically) chooses to do the project.

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HOW DO I GET INVOLVED (Part 2)

Now that you know the benefits of volunteering and you are interested in finding the "right" project for yourself, what are the next steps?

Answer the following questions to help you in your search.

1. What are you interested in doing? Is there an issue you are passionate about?

2. What are your strengths / talents? What are you good at? What are some skills that you have that might be useful?

3. How many hours a week and what day(s) of the week are you willing to volunteer? How long are you willing to commit? (a few months, year)

4. How far are you willing to travel? How will you get to the site---drive, bus, parents, etc...?

5. What do you hope to accomplish? Do you want to learn about a specific career? Why are you volunteering?

Where Should I Volunteer???:

Research and explore what volunteering or service projects are available.

Think of your favorite organizations (The Humane Society, Animal Shelters, Meals on Wheels, Make-A-Wish, etc.) most would appreciate any help!

Helpful Websites:

- <https://www.goabroad.com/volunteer-abroad/search/hawaii-usa/volunteer-abroad-1>
- <https://www.volunteermatch.org/search?I=HI>
- <http://www.honolulumagazine.com/Honolulu-Magazine/December-2014/23-Volunteer-Ideas-in-Hawaii/>