COMMUNITY SERVICE: TOP 10 REASONS TO VOLUNTEER

Thinking of becoming a volunteer? See a list of reasons that will help you make up your mind.

#10: It's good for you.
Volunteering provides physical and mental rewards. It:
- Reduces stress: Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns.
- Makes you healthier: Moods and emotions, like optimism, joy, and control over one's fate, strengthen the immune system.

#9: It saves resources.
Volunteering provides valuable community services so more money can be spent on local improvements. The estimated value of a volunteer's time is $15.39 per hour.

#8: Volunteers gain professional experience.
You can test out a career.

#7: It brings people together.
As a volunteer you assist in:
- Uniting people from diverse backgrounds to work toward a common goal
- Building camaraderie and teamwork

#6: It promotes personal growth and self esteem.
Understanding community needs helps foster empathy and self-efficacy.

#5: Volunteering strengthens your community.
As a volunteer you help:
- Support families (daycare and eldercare)
- Improve schools (tutoring, literacy)
- Support youth (mentoring and after-school programs)
- Beautify the community (beach and park cleanups)

#4: You learn a lot.
Volunteers learn things like these:
- **Self**: Volunteers discover hidden talents that may change your view on your self-worth.
- **Government**: Through working with local non-profit agencies, volunteers learn about the functions and operation of our government.
- **Community**: Volunteers gain knowledge of local resources available to solve community needs.

#3: You get a chance to give back.
People like to support community resources that they use themselves or that benefit people they care about.

#2: Volunteering encourages civic responsibility.
Community service and volunteerism are an investment in our community and the people who live in it.

#1: You make a difference.
Every person counts!

Source: [https://students.ucsd.edu/student-life/involvement/community/reasons.html](https://students.ucsd.edu/student-life/involvement/community/reasons.html)

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