



## 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>

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