

Top Ten Reasons to Volunteer

Many times it is difficult for a person with a disability to find a job. One way to gain experience for a job is to volunteer. Individuals who volunteer gain job skills, job experience that looks great on a resume' and may even discover a career. One young man started volunteering at the local haunted houses during the fall season. This same young man now works in Hollywood as a professional make-up artist from experience he gained from volunteering.

10. Gain job experience. Some of the work you do could lead to a job doing similar work. Volunteer experience also looks great on a resume.
9. Improve your health and self-esteem. Volunteering to help others has been shown to reduce stress, give you hope, and boost your immune system.
8. Meet real community needs. Helping people learn to read, obtain furniture for their home, or acquire basic food, clothing, or shelter makes a huge difference! Whether the project is planting a tree or tutoring children, the community will look and feel better.
7. Gain entrance to college. Colleges and universities today are looking for applicants who have more than high grades. They are looking for well-rounded people who have volunteered to make a difference in their community.
6. Meet new people and establish friends, connections, and references. When you work alongside others, you really know them and become friends with them. Also, adults at organizations can connect you to great opportunities and provide you with a reference for a job or college.
5. Gain new skills and develop talents. Whether you enjoy working with computers, children, or seniors, any interest you have can be developed through volunteering.
4. Spread positive energy and hope just like random acts of kindness, when you volunteer your energy and efforts affect the whole community.
3. Make the world a better place. If you see problems in your community you feel need addressing, do something about them. By volunteering, you do make a difference and make the world a better place.
2. Personal growth. By meeting new people and taking on new tasks you will learn and understand both people and life better.
1. It's fun! Volunteering will bring smiles and laughter into your life