



WELCOME to Youth United: Varsity in Volunteerism!



What is Volunteerism?

"The policy or practice of volunteering one's time or talents for charitable, educational, or other worthwhile activities, especially in one's community"

Volunteering is offering your time to improve the lives of others.

Volunteering benefits you by:

- Providing opportunities to meet new friends and contacts
- Improving your social and relationship skills
- Increasing self-confidence
- Preventing depression
- Helping you stay physically healthy
- Teaching valuable job skills and career experiences
- Bringing fun and fulfillment to your life
- Making your community a better place to live
- Encouraging you to try something new
- Allowing you to see a different way of life and new places
- Sharing your talents and skills with others



To find the right volunteer opportunity, ask yourself:

- What causes are important to you?
- How much time are you willing to commit?
- How much responsibility are you ready to take on?
- What skills can you bring to a volunteer job?
- Do you prefer to work alone or as part of a team?
- Are you better behind the scenes or do you prefer to take a more visible role?



Sedro-Woolley
School District No. 101

To get the most out of volunteering:

- Ask questions
- Know what is expected
- Trying new things
- Stay positive
- Reflect on your experiences
- Encourage your friends to volunteer
- Have fun!



Thank you for making a difference in your community by participating in Youth United: Varsity in Volunteerism!

Quit stalling, find your calling 1

