

VOLUNTEERISM 101

Strengthening Community, Building Bridges, Empowering individuals, & Creating Solutions



WHAT IS A VOLUNTEER?

The answer to this question will vary depending on who you ask. However, for our purposes, the Department of Student Life define a volunteer as an individual who gives their time to provide a service or fulfill a need within the community, without being compensated.

WHY VOLUNTEER?

There are many motivators for volunteering. Your reason for volunteering may be the same or different from others. Some reasons why individuals and groups volunteer are below:

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|------------------------------------|------------------|---------------------------------|---------------------|
| Meet new people | Make friends | Learn skills | Develop as a leader |
| Feel Good | “Pay it forward” | Discover a passion | Have fun |
| Gain knowledge about social issues | | Learn about yourself and others | |

BENEFITS OF VOLUNTEERING?

While people are not compensated monetarily for volunteering, there are both intrinsic and extrinsic benefits. Many of which tie to some of the reason people volunteer.

Here are some of the benefits:

Influence *Strengthening Communities*

Volunteering provides a method for impacting the people and world around you.

Opportunity *Building Bridges*

Volunteering can be a gateway to many opportunities. Through volunteering individuals travel the world, network, and gain skills and experience that allow them to secure jobs.

Experience *Empowering Individuals*

Volunteering is an avenue that can allow someone to gain practical experience working in a field they are interested in, or developing skills they desire to gain.

Education *Creating Solutions*

Volunteering allows someone to utilize skills and knowledge to solving some of the worlds major

ARE YOU INTERESTED IN VOLUNTEERING? If so (and we hope that you are), sign up for our volunteer listserve to hear about the opportunities available in the Rolla community and on the Missouri S&T campus by contacting the Student Life Office at stulife@mst.edu by visiting the website at <http://studentlife.mst.edu/volunteer/>