



HELP OTHERS AS YOU HELP YOURSELF

VOLUNTEER YOUR TIME

GUIDANCE | HIGH SCHOOL

Have you ever thought about volunteering your time to a local charity or community organization? There are many different reasons for you to start volunteering:

- To help others
- To learn about an activity or organization that interests you
- To beat boredom (if you find yourself sitting around the house feeling totally bored, volunteering in an activity you enjoy can be a great way to change things)
- To overcome a loss you have experienced (one of the best ways to help yourself in a time of loss is to help others)
- To gain perspective on life (there is no better way to understand your blessings than to help people in need)

Your reasons for volunteering are as individual as you are, but no matter what your reasons you can get a lot out of volunteering. You can learn about yourself, learn about others and meet a lot of interesting people by volunteering. You can help others as you help yourself.

One of the hardest parts of volunteering can be finding an opportunity that fits your personality. The following list will give you lots of different ideas and will show you many different possibilities.