

VOLUNTEERING – Worksheet

Know Your Goal

MOTIVATION TO VOLUNTEER	
<input type="checkbox"/> Personal reasons <input type="checkbox"/> Try something new <input type="checkbox"/> Make a difference in the community <input type="checkbox"/> Explore jobs for career options <input type="checkbox"/> Learn new skills	<input type="checkbox"/> Enhance your resume/gain specific experience <input type="checkbox"/> Travel to a new destination <input type="checkbox"/> Meet people with similar interests, grow connections <input type="checkbox"/> Experience a new culture, language and way of life
LOCATION PREFERENCE	
<input type="checkbox"/> On campus/in my community <input type="checkbox"/> Local <input type="checkbox"/> National	<input type="checkbox"/> International <input type="checkbox"/> Transportation required <input type="checkbox"/> Travel involved
TIME COMMITMENT DESIRED	
<input type="checkbox"/> Flexible time commitment <input type="checkbox"/> Set number of hours per week <input type="checkbox"/> Contract <input type="checkbox"/> Project/event based <input type="checkbox"/> Less than 15 hours per month	<input type="checkbox"/> Full time commitment <input type="checkbox"/> Quarterly <input type="checkbox"/> Semi-annually <input type="checkbox"/> Annually
TRAINING PREFERRED	
<input type="checkbox"/> No training required <input type="checkbox"/> General orientation	<input type="checkbox"/> On the job training provided <input type="checkbox"/> Continuous training with ongoing volunteer commitment
QUALIFICATIONS VALUED/REQUIRED	
<p>Education</p> <input type="checkbox"/> Some post secondary completed <input type="checkbox"/> Certificate/diploma completed <input type="checkbox"/> University degree completed	<p>Additional training/certifications</p> <input type="checkbox"/> First Aid/CPR <input type="checkbox"/> ProServe <input type="checkbox"/> WHMIS <input type="checkbox"/> Suicide intervention training <input type="checkbox"/> Mental health awareness training <input type="checkbox"/> Drivers licence – class <input type="checkbox"/> Drivers abstract – current <input type="checkbox"/> Police and/or security clearance <input type="checkbox"/> References <input type="checkbox"/> Immunization records (health, food handling, international opportunities)
<p>Skills and knowledge</p> <input type="checkbox"/> Operating systems: Windows, Mac, Linux, etc. <input type="checkbox"/> Software: Microsoft Office, Adobe, Google, etc. <input type="checkbox"/> Job specific skills (e.g., marketing, accounting, research, technical, administrative, event planning) <input type="checkbox"/> Specific personal qualities/traits <hr/>	

For more information on volunteering, see tip sheet *Volunteer – Launch Your Career*, available in Career Services and online, mru.ca/careerservices/tipsheets.

Explore Your Options – check all interests

INDUSTRY	FOCUS	OPPORTUNITIES/PROJECTS
<p>Arts, Culture, Entertainment</p> <ul style="list-style-type: none"> <input type="checkbox"/> Galleries <input type="checkbox"/> Museums <input type="checkbox"/> Theatres <p>Development, Social Services, Housing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Advisory boards, committees <input type="checkbox"/> Community neighbourhood services <input type="checkbox"/> Resource providers (e.g., food bank) <input type="checkbox"/> Service clubs (e.g., Rotary) <input type="checkbox"/> Youth programs/organizations/centres <p>Education and Research</p> <ul style="list-style-type: none"> <input type="checkbox"/> Libraries <input type="checkbox"/> Post secondary institutions <input type="checkbox"/> Pre/elementary schools/programs <input type="checkbox"/> Proposal/grant writing <input type="checkbox"/> Secondary schools <input type="checkbox"/> Subject matter research <p>Health and Wellness</p> <ul style="list-style-type: none"> <input type="checkbox"/> Emergency relief/crisis centres <input type="checkbox"/> Health and wellness education/outreach <input type="checkbox"/> Hospitals/rehabilitation facilities <input type="checkbox"/> Religious/spiritual institutions/programs <input type="checkbox"/> Sport and recreation programs/centres/arenas <p>Law, Advocacy, Politics</p> <ul style="list-style-type: none"> <input type="checkbox"/> Animal and bylaw enforcement <input type="checkbox"/> Cadet programs (e.g., fire) <input type="checkbox"/> Civic, provincial, national government <input type="checkbox"/> Commissions, committees <input type="checkbox"/> Elections <input type="checkbox"/> International and NGOs <input type="checkbox"/> Offender/victim support <input type="checkbox"/> Rights organizations (human/animal) <p>Science, Technology, Environment</p> <ul style="list-style-type: none"> <input type="checkbox"/> Conservation, habitat <input type="checkbox"/> Parks <input type="checkbox"/> Science centres 	<ul style="list-style-type: none"> <input type="checkbox"/> Addictions <input type="checkbox"/> Advocacy <input type="checkbox"/> Crisis/emergency support <input type="checkbox"/> Diversity <input type="checkbox"/> Education and literacy <input type="checkbox"/> Employment <input type="checkbox"/> Fundraising <input type="checkbox"/> Human rights <input type="checkbox"/> Mentoring, coaching, officiating <input type="checkbox"/> Mental health <input type="checkbox"/> Physical health <input type="checkbox"/> Public policy <input type="checkbox"/> Technology/administrative support <p>CLIENT GROUPS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Animals <input type="checkbox"/> Children <input type="checkbox"/> Homeless <input type="checkbox"/> Immigrants/newcomers/refugees <input type="checkbox"/> LGBTQ+ <input type="checkbox"/> Offenders <input type="checkbox"/> Parents/families <input type="checkbox"/> Patients <input type="checkbox"/> Persons experiencing disabilities <input type="checkbox"/> Persons in trouble with the law <input type="checkbox"/> Seniors <input type="checkbox"/> Victims of crime, bullying etc. <input type="checkbox"/> Women at risk <input type="checkbox"/> Youth 	<ul style="list-style-type: none"> <input type="checkbox"/> Accounting <input type="checkbox"/> Administrative <input type="checkbox"/> Build houses or playgrounds <input type="checkbox"/> Care for the sick or elderly <input type="checkbox"/> Clean-up or repairs in a community <input type="checkbox"/> Coaches, mentors, tutors <input type="checkbox"/> Counselling support <input type="checkbox"/> Crisis line <input type="checkbox"/> Education assistant <input type="checkbox"/> Environmental protection <input type="checkbox"/> Errands, deliveries <input type="checkbox"/> Event planning <input type="checkbox"/> Facilitators, instructors <input type="checkbox"/> Festivals <input type="checkbox"/> Fund-raising <input type="checkbox"/> Gather and analyze data <input type="checkbox"/> Homeless shelter, kitchens, food bank, street outreach <input type="checkbox"/> Human resources <input type="checkbox"/> Important issue awareness <input type="checkbox"/> Life skills <input type="checkbox"/> Marketing <input type="checkbox"/> Media assistants <input type="checkbox"/> Nursing <input type="checkbox"/> Outdoor pursuits <input type="checkbox"/> Police Services victim assistance <input type="checkbox"/> Policy writing <input type="checkbox"/> Political campaign assistance <input type="checkbox"/> Project planning <input type="checkbox"/> Public speaking <input type="checkbox"/> Research <input type="checkbox"/> Social media <input type="checkbox"/> Social work <input type="checkbox"/> Technical services, computer information <input type="checkbox"/> Tree planting <input type="checkbox"/> Ushers, hosts, networking <input type="checkbox"/> Volunteer coordinator <input type="checkbox"/> Work with animals <input type="checkbox"/> Writing: articles, social media, technical, education programs, etc.

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