

# Tips for Volunteering

## **Be selective**

Think about what matters to you, and be selective about where you spend your time. Choosing opportunities that make you feel good while helping others builds stronger communities, and enriches your own life at the same time.

## **Choose carefully**

United Way and community Volunteer Centers work with volunteers and local nonprofits to develop the best opportunities for youth, busy working adults and seniors to serve. When you work with your local Volunteer Center, you can feel comfortable about the quality and safety of the opportunity you choose and about the organization you donate your time to support.

## **Research causes that are important to you**

Whether it's a specific health concern, education for children or a house that needs painting in your neighborhood, find out what cause is closest to your heart and make a difference.

## **Consider the skills you have to offer**

Would you like to write an agency's newsletter? Or would you rather build a house? Find something you enjoy doing and enhance your skills through volunteering.

## **Learn something new**

Volunteering can also teach you valuable new skills that you can use in other parts of your life. For example, learning how to handle crisis calls may help you communicate better.

## **Don't over-commit your schedule**

Stick to a volunteering schedule that makes sense for you and leaves you time to enjoy the activity.

## **Consider volunteering as a family**

Group volunteering is a wonderful way to bond with your family or co-workers. Not only will you create lasting memories, but you will help someone in need. *See also: Volunteering as a Family Tipsheet.*