



The Connection



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Volunteering...it's a Way of Giving and Receiving

When you volunteer, you give part of yourself—your time, energy, skills and feelings. You give to your family and friends, to your neighbors, to your community. Sometimes, you are giving to people you don't know, to people thousands of miles away.

Giving is one of the reasons why people volunteer. Their contributions to others and to their communities bring them feelings of self-fulfillment and the knowledge that they have made a difference.

Volunteering is also a way of saying thank you. It's a way of recognizing the countless others who, in big ways

and small, have made life richer and better through donations of time and effort. But there is more to volunteering than giving. As a volunteer, you also reap personal benefits and enhance your personal growth. You:

- Increase social awareness
- Learn through service
- Enjoy better health
- Gain self-confidence
- Discover your strengths and talents
- Build a sense of independence
- Expand your social circle

Volunteering also gets you ready for the workforce. By volunteering you:

- Develop skills
- Gain work experience
- Explore career options
- Develop a job-finding network

With a strong resume and new skills, you'll find it easier to present yourself to prospective employers, fill out university or college application forms, talk to scholarship or bursary officers, or take on more challenging volunteer positions in the community.

That is the thing about volunteering. You get as much out of it as you put into it, and often you get a whole lot more!

Ref: www.volunteer.ca

First Impressions, Body Language, and Attitude

First impressions, body language and attitude play an important role in job searching, interviewing, working and volunteering.

Enthusiasm is catchy and creates an excellent first impression. Think about a time when you were in a crowd that was excited, maybe watching a major upset in a ballgame or a really funny movie, did you notice that it was more exciting because

you were surrounded by people who were enthusiastic about what they were seeing? This collective enthusiasm is true for job searching, interviewing, working, or fulfilling a need in the community.

More than 50% of your communication is nonverbal and it says a lot about you. Most people aren't aware of how much their body language influences other's impressions of them. Think about how you

would perceive the attitude of someone you see across the room with slumped shoulders and eyes to the floor. You would probably assume that

person doesn't have a very upbeat view on life or has a negative outlook in general.

Try to become more conscious of your body language and how to manage it, especially in the job world. You



want to appear relaxed, confident, enthusiastic, alert, and friendly. Your body language sends those messages.

The first Impressions, body language, and attitude you project are important things to consider whether you are job searching, interviewing, working or volunteering.

Excerpt from: *Career Connection*



The Benefits of Volunteering



Employment

Make important networking contacts

Meet new people, make new friends and develop professional contacts

Apply your current skills; gain new ones

Gain work experience that will enhance your resume

Develop and practice important business and leadership skills

Gain visibility in your field

Improve your job prospects and increase employability

Influence your career choice

Personal

Build self-esteem and self-confidence

Improve health

Meet new people; help others

Feel needed and valued

Express gratitude for help you may have received in the past from an organization

Helps you deal with some of your personal problems

It opens up new opportunities and brings new challenges

It is fun, exciting and fulfilling

Social

Make a difference in someone's life

Make a difference in your own community

Returns to society some of the benefits society gives you

Breaks down barriers of misunderstanding, mistrust and fear

Helps keep taxes and other costs down

Giving may bring tax benefits

Expand Your Mind

Volunteering is a great way to learn new skills—from working as part of a team to setting and reaching goals. It gives you a chance to discover what kinds of things you're best at and enjoy the most. A volunteer job that you love can even help shape your ideas about your career goals.

Reference: kidshealth.org

15 Examples of Volunteering

- 1.) Visit a nursing home
- 2.) Assist with food distribution
- 3.) Help with activities for seniors
- 4.) Sort donations
- 5.) Build shelters for the homeless
- 6.) Build hiking and nature trails
- 7.) Organize a neighborhood watch
- 8.) Deliver meals
- 9.) Entertain hospital, school, and nursing home residents
- 10.) Plant a community garden
- 11.) Assist with housing, feeding, and rebuilding after a disaster
- 12.) Mentor a youth
- 13.) Clean up a park
- 14.) Assist at school
- 15.) Feed the hungry

Q: What do you get if you divide the circumference of a pumpkin by its diameter?

A: Pumpkin pi