

## Sign Up for more Information

Return to room S-126  
in the Williams Center

Today's Date

Name

Local Address

Local Phone

Cell Phone

E-mail

Status

Major

## What you will gain from service:

- A broader concern for the welfare of others
- A sense of doing something worthwhile
- A feeling of satisfaction and increased self esteem
- Improved communication skills
- Openness to person different than yourself
- Openness to new experiences
- Personal Power
- Valuable experiences related to your chosen career

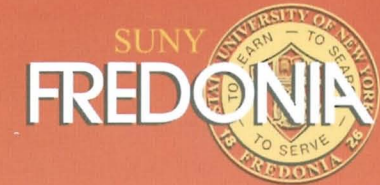


Williams Center S-126

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[www.fredonia.edu/campuslife/volunteer](http://www.fredonia.edu/campuslife/volunteer)



# Volunteer and Community Services

*Making a difference*

*Where  
Success  
is a  
Tradition*

State University of New York at Fredonia

## Volunteer and Community Service

The Volunteer and Community Services Program is an option to help college students get **real world experience** while helping others.

The program aims to involve students with the community to work together as a **team**, and establish meaningful partnerships.

Volunteering can help students bridge the **knowledge** they receive in the classroom and apply to it **hands on experience**.

The program places students **on campus** as well as in the **community**.

The site can be related to their **major** or an **interest** that the student expressed.

The **goal** is to have a meaningful and enjoyable experience. Interaction with people from the community can help with **recommendations** for **future jobs**.

There are many **positive aspects** to being a volunteer; especially **feeling good** about making a **difference**.

## Three R'S to Volunteering

**R Responsibility:** The agency needs to know when they will be able to count on you to help. It is important to have good communication with both the volunteer agency and the volunteer program. All activities and responsibilities outlined in the contract between the agency and the volunteer must be followed.



**The Shoebox Project**  
Helping Families in Need

**R Reward** is found in knowing that you are making a difference in someone's life.

**R Recreation** is found in choosing a volunteer site that interests you.

Please  areas in which you are interested in volunteering:

Tutoring

Mentoring

Literacy

Senior Citizens

Soup Kitchens

Local Schools

Day Care Centers

Hospitals

Youth Programs



**Fredonia Relay for Life**