



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 persons different than yourself
- Openness to new experiences
- Personal Power
- Valuable experiences related to your chosen career

Volunteer and Community Services

Volunteering can make a difference



Volunteer and Community Services

Office of Campus Life
Williams Center, S - 126
SUNY Fredonia
Fredonia, New York

Campus Life
Williams Center, S 126
Phone: 716-673-3690
E-mail: smithjh@fredonia.edu
www.fredonia.edu

Sign Up For More

Information!

**Return to VCS, Room S-126
Williams Center**

Today's Date: _____

Name: _____

Local Address: _____

Local Phone: _____

Cell Phone: _____

Email: _____

Semester: _____

Major: _____

About Volunteer and Community Services

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 learn from one another.

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

Responsibility: A great deal of responsibility goes into volunteering. 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.

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

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



Students making prayer shawls for cancer patients

OPPORTUNITIES

Please check areas in which you are interested in Volunteering.

Tutoring _____

Mentoring _____

Literacy _____

Senior Citizens _____

Soup Kitchens _____

Local Schools _____

Day Care Centers _____

Hospitals _____

Youth Programs _____

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