

SSP101ZurawskiSustainabilityFinalProject

1. Sustainability Workshop SSP101
 2. Jennifer Lee
 3. Volunteering
 4. Purpose of the assignment: understand the importance of volunteering, the personal benefits as well as those being helped, and learn ways to volunteer
 5. Learning Objectives: read the articles and participate in techniques to help comprehend the topic such as annotating, highlighting, paraphrasing and summarizing; outline each article to pull out major ideas and minor details; write a paragraph in their own words about each article
- *I also provided extra credit- if a note was written by the organizer or manager stating what volunteering had been completed and for the amount of time, I would give credit for one missing assignment.

This assignment will be used in my Reading 071 Course where they are to utilize all strategies given throughout the semester for increasing comprehension. We conference and meet throughout the process so they can get help on the skills they need help with. If at any time throughout the project, they fail to meet with me or hand in part of the assignment, they can no longer pass the project.

Reading 071 Writing Project

Each RDG 071 student will be required to complete a writing project on the following topic: *Volunteering*. You will be required to use three articles which will be provided.

Reread your notes, “Techniques for Learning Textbook Material”, for review. You will be required to read, check vocabulary, highlight & annotate, and outline each article. As you complete **each section** of the outline, write a main idea sentence focusing on the controlling point of the section. The number of main ideas will depend on the length and content of the article. After you have completed the outlines, you will be required to write a paper on the subject using the information from the three sources. This paper should be more than one page in length and include a thesis statement in the introductory paragraph. A “Works Cited” page is also required with your final project. Each student will be required to complete a rough draft and schedule a conference to review the rough draft. *The rough draft is due at least one day prior to the conference.* The final paper should reflect changes discussed at the conference. Final papers will not be accepted if the rough draft and conference do not occur during the conference week (see schedule).

All papers must be proofread for basic errors and **typed** using double-spaced, Times New Roman, 12 point font with 1” margins. All papers must be turned in with a *Final Draft* grading rubric which has your name, course

and section number, and the date. Staple or clip all pages of the project. (Please do not ask me for a staple or a clip). Do not turn in project covers or folders. Follow the attached calendar for all “due dates”.

Any or all parts of the project may be submitted early. Sickness, court dates, missed busses, etc. are not acceptable reasons for the assignments to be turned in after the due date. Expect the unforeseen and plan accordingly. This project counts for 10% of your final grade. Papers turned in after the beginning of class on each due date will lose 10 points per calendar day. (There are 5 individual “due dates”) Rewrites will not be accepted. This is a college assignment. Adequate effort and work are required.

Article 1

Top Five Ways to Volunteer Now!

We know you're busy. Hectic schedules can push even the best-intentioned volunteer projects to the back burner. That's why Create the Good has shortened the steps between to-do list and action. We've distilled the five most popular ways people volunteer and given you five practical, creative acts of kindness for each that you can start today!

1. Recruit the kids or grandkids

Teach the value of volunteering to youngsters—or simply make your volunteer project a fun family affair—by enlisting children, grandchildren and other kids in the community.

- No one knows school supplies better than kids! So encourage the ones you know to help children in need with a school supply drive. You can gather them together to lend a hand at a drive nearby, or [hold your own](#) at a local school, library or community center.
- Select a child-accessible service project, like organizing canned goods for a local food bank or gathering old toys and clothes to donate to a shelter.
- Get kids and their friends outdoors for a cleanup around their school grounds and encourage them to take the lead in spreading the word around town.

- Take a child to visit a community nursing home. Kids can share stories with residents, and seniors love to see young, energetic faces. Don't forget to [take along crafts and games](#) to keep everyone entertained.
- Inspire kids to help in their own ways. Tell them about your own volunteering experiences—or find a local celebrity, athlete or even family member known for doing good to share their stories.

Don't have youngsters around, but still love kids? Become a Foster Grandparent with [Senior Corp](#), [tutor or mentor a child](#) through AARP Experience Corps, or help out at other child-oriented volunteer [organizations](#).

2. Help seniors in your community

Not all of us are lucky enough to have a house full of family or the health to get out of the house and socialize. Reach out and show an elderly or lonely neighbor they aren't alone.

- Show a neighbor you care by offering to shovel the driveway or rake leaves—or surprise them by doing so without asking.
- Share a meal. Create an extra portion at dinner or buy some additional groceries during your next trip to share.
- Consider yourself a handyman or woman? Fix a leaky faucet, move a piece of furniture or even repaint a room.
- Spending quality time is the best gift of all. Bring over a game of checkers to play, a classic movie to watch or old tunes to enjoy.
- Invite others to join you in a service project in your shared community. Plant flowers with green-thumbed friends and neighbors, create or join a [community garden](#) or organize a trash pick-up.

Learn about more ways to help seniors and neighbors by becoming part of a [caring community network](#).

3. Do good from home

It's easy to make a difference from the comfort of your own home.

- Get crafty in your living room—make [visitor kits](#) for senior center residents or [holiday-inspired home decor](#) for neighbors.
- Turn on the stove and make some goodies for a senior or family in your area—but be sure to check on any dietary restrictions first!
- Check in with seniors living alone to see if they need a hand with anything. A friendly phone call can go a long way.

- Organize a volunteer group to carry out a project using our guides and other ideas to get started planning—all from your home computer.
- Make an online donation to a favorite cause or save bottlecaps, labels or coupons for a local charity.

If you feel inclined to venture out, use our [volunteer search](#) to find local opportunities!

4. Spend time with furry friends

Pets without homes need attention and care—especially during the colder months. Donate your time and love to abandoned or abused animals.

- Find your nearest animal shelter and volunteer to walk dogs or play with the cats.
- If you just can't resist taking one home, why not try fostering an animal in need? Use [Homewardtrails](#) to find the perfect pet to take home for the short term.
- When it comes time for your foster pet to move to a good permanent home, send them on their way with an adoption kit stocked with food, a collar, a favorite toy and special treats!
- Walk an elderly neighbor's dog. For neighbors going on a trip, offer to check in and feed their pets—or give the animals a temporary home in yours.
- Invite kids or grandparents along to walk pets at the shelter—the more the merrier!

Find other animal welfare organizations on [petfinder.com](#).

5. Give to veterans and military families

It's not easy being left behind while a loved one is off serving our country. You can help military families deal with the hardships they face each day, whether it's getting settled in a new town or finding extra rides or childcare for young ones.

- For a family that lives close by, cook a meal once a week. Whip up some extra snacks over the weekend. Or gather up the neighbors so you can each take a day of the week to cook.
- Do something extra—an errand, a run to the store for school supplies or a day shuttling kids to and from school and activities.
- Take an afternoon to give a new family a tour of town and the inside scoop on places to dine, shop and play. Or put together a local flavor guide so they can explore the area anytime.

- Gather groceries or set up monthly donation for [any family](#) in need.
- And don't forget those who are away—[send books](#) to troops to help them pass the time until they are reunited with their friends and family.
- Visit CTG's [Project Guide](#) for more ideas and resources on helping military families.

Still seeking that perfect volunteering match? Use AARP's interactive [Volunteer Wizard](#) to find opportunities that fit your interests and schedule.

<http://createthegood.org/Volunteer-Now?campaign=Volunteer%20Now>

Article 2

Volunteering and its Surprising Benefits

Helping Others While Helping Yourself



With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you find friends, reach out to the community, learn new skills, and even advance your career. Volunteering can also help protect

your mental and physical health. Learn more about the many benefits of volunteering and find tips on getting started as a volunteer.

Benefits of volunteering #1: Volunteering connects you to others

One of the better-known benefits of volunteering is the impact on the community. Unpaid volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

Volunteering helps you make new friends and contacts

One of the best ways to [make new friends](#) and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. Volunteering also strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

Volunteering increases your social and relationship skills

While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts.

Volunteering as a family

While it might be a challenge to coordinate everyone's schedules, volunteering as a family has many worthwhile benefits. Children watch everything you do. By giving back to the community, you show them firsthand how volunteering makes a difference and how good it feels to help other people and animals and enact change. It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.

Benefits of volunteering #2: Volunteering is good for your mind and body

Volunteering provides many benefits to both mental and physical health.

- **Volunteering increases self-confidence.** Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.
- **Volunteering combats depression.** Reducing the risk of depression is another important benefit of volunteering. A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against stress and depression when you're going through challenging times. [Working with pets](#) and other animals has also been shown to improve mood and reduce stress and anxiety.
- **Volunteering helps you stay physically healthy.** Volunteering is good for your health at any age, but it's especially beneficial in older adults. Studies have found that those who volunteer have a lower mortality rate than those who do not, even when considering factors like the health of the participants. Volunteering has also been shown to lessen symptoms of chronic pain or heart disease.

I have limited mobility—can I still volunteer?

Whether due to a lack of transportation, time constraints, a disability or other reasons, many people prefer to volunteer via phone or computer. There are many projects where you can help. Writing and graphic design lends itself to working at home, and in today's digital age many organizations might also need help with email and websites.

If you think home-based volunteering might be right for you, contact organizations you like and ask what some of the possibilities might be. Some volunteer organizations may require you to attend an initial training or periodical meetings. You also want to make sure that you are getting enough social contact, and that the organization is available to support you should you have questions.

Volunteering: The happiness effect

Helping others kindles happiness, as many studies have demonstrated. When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the happier they were, according to a study in *Social Science and Medicine*. Compared with people who never volunteered, the odds of being "very happy" rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks. Among weekly volunteers, 16% felt very happy—a hike in happiness comparable to having an income of \$75,000–\$100,000 versus \$20,000, say the researchers.

Adapted with permission from [Simple Changes, Big Rewards: A Practical, Easy Guide for Healthy, Happy Living](#), a special health report published by Harvard Health Publications.

Benefits of volunteering #3: Volunteering can advance your career

If you're considering a new career, volunteering can help you get experience in your area of interest and meet people in the field. Even if you're not planning on changing careers, volunteering gives you the opportunity to practice important skills used in the workplace, such as teamwork, communication, problem solving, project planning, task management, and organization. You might feel more comfortable stretching your wings at work once you've honed these skills in a volunteer position first.

Volunteering can provide career experience

Volunteering offers you the chance to try out a new career without making a long-term commitment. It is also a great way to gain experience in a new field. In some fields, you can volunteer directly at an organization that does the kind of work you're interested in. For example, if you're interested in nursing, you could volunteer at a hospital or a nursing home. Your volunteer work might also expose you to professional organizations or internships that could be of benefit to your career.

Volunteering can teach you valuable job skills

Just because volunteer work is unpaid does not mean the skills you learn are basic. Many volunteering opportunities provide extensive training. For example, you could become an experienced crisis counselor while volunteering for a women's shelter or a knowledgeable art historian while donating your time as a museum docent.

Volunteering can also help you build upon skills you already have and use them to benefit the greater community. For instance, if you hold a successful sales position, you raise awareness for your favorite cause as a volunteer advocate, while further developing and improving your public speaking, communication, and marketing skills.

When it comes to volunteering, passion and positivity are the only requirements

While learning new skills can be beneficial to many, it's not a requirement for a fulfilling volunteer experience. Bear in mind that the most valuable skills you can bring to any volunteer effort are compassion, an open mind, a willingness to do whatever is needed, and a positive attitude.

Benefits of volunteering #4: Volunteering brings fun and fulfillment to your life

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-

to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

Many people volunteer in order to make time for hobbies outside of work as well. For instance, if you have a desk job and long to spend time outdoors, you might consider volunteering to help plant a community garden, walk dogs for an animal shelter, or help out at a children's camp.

Consider your goals and interests when volunteering

You will have a richer and more enjoyable volunteering experience if you first take some time to identify your goals and interests. Start by thinking about why you want to volunteer. Also think about what you would enjoy doing. Volunteer opportunities that match both your goals and your interests are most likely to be fun and fulfilling for you.

Tips for Getting Started Volunteering

First, ask yourself if there is something specific you want to do.

For example, do I want...

...to make it better around where I live

...to meet people who are different from me

...to try something new

...to do something with my spare time

...to see a different way of life and new places

...to have a go at the type of work I might want to do as a full-time job

...to do more with my interests and hobbies

...to do something I'm good at

The best way to volunteer is to match your personality and interests. Having answers to these questions will help you narrow down your search.

Source: *World Volunteer Web*

How to find the right volunteer opportunity

There are numerous volunteer opportunities available. The key is to find a volunteer position that you would enjoy and are capable of doing. It's also important to make sure that your commitment matches the organization's needs. The following questions can help you narrow your options:

- Would you like to work with adults, children, or animals, or remotely from home?
- Do you prefer to work alone or as part of a team?

- Are you better behind the scenes or do you prefer to take a more visible role?
- How much time are you willing to commit?
- How much responsibility are you ready to take on?
- What skills can you bring a volunteer job?
- What causes are important to you?

Consider several volunteer possibilities

In your search for the right volunteer opportunity, don't limit yourself to just one organization or one specific type of job. Sometimes an opportunity looks great on paper, but the reality is quite different. Try to visit different organizations and get a feel for what they are like and if you click with other staff and volunteers. The more satisfaction you have as a volunteer, the better your contributions and the more likely you'll continue.

Where do I find volunteer opportunities?

- Community theaters, museums, and monuments
- Libraries or senior centers
- Service organizations such as Lions Clubs or Rotary Clubs
- Local animal shelters, rescue organizations, or wildlife centers
- Youth organizations, sports teams, and after-school programs
- Historical restorations, national parks, and conservation organizations
- Places of worship such as churches or synagogues
- Online databases such as those contained in Resources section below

Getting the most out of volunteering

You're donating your valuable time, so it's important that you enjoy and benefit from your volunteering. It's important to make sure that your volunteer position is a good fit and to communicate with the people you're working with in the volunteer organization.

- **Ask questions.** You want to make sure that the experience is right for your skills, your goals, and the time you want to spend. If you have any questions, be sure to speak up. Sample questions to your volunteer coordinator might address your time commitment, if there's any training involved, who you will be working with, and what to do if you have questions during your experience.
- **Make sure you know what's expected.** Before starting, make sure you are comfortable with the organization, know what is expected, and understand the time commitment. Consider starting small so that you don't over commit yourself at first. Give yourself some flexibility to change your focus if needed.
- **Don't be afraid to make a change.** Speak up if your experience isn't what you expected. Don't force yourself into a bad fit. Talk to the organization about changing your focus or consider looking for another match.
- **Enjoy yourself.** Most importantly, make sure you're having fun! The best volunteer experiences benefit both the volunteer and the organization. If you're not enjoying yourself, ask yourself why. Is it the tasks you're performing? The people you're

working with? Or are you uncomfortable simply because the situation is new and unfamiliar? Pinpointing what's bothering you can help you decide how to proceed.

Article 3

Why is volunteering important?

It's a pretty common mistake to think of volunteering as just something nice that people can do. Sure, it may make them feel great about helping, but what impact does it really have?

Getting things done

Volunteers have an enormous impact on the health and well-being of communities worldwide. Think of all the ways that volunteers make a difference in day-to-day life:

- Volunteers deliver critical services—from serving as volunteer fire fighters or participating in search and rescue, to delivering meals to homebound seniors or homeless youth, to manning the phone lines at domestic violence and sexual assault centers.

- Volunteers help to keep our neighborhoods, streets, parks, rivers, green spaces, and water clean and safe for everyone.
- Volunteers tutor, teach, mentor, coach, and support young people with everything from math homework to dealing with personal crises to football and soccer tourneys.
- Volunteers walk dogs, pet cats, clean cages, help with adoptions and feedings, and contribute veterinary expertise to organizations like animal shelters and wildlife rehabilitation centers.
- Volunteers educate the public on health and safety; doctors and nurses donate time and medical knowledge to free clinics and natural/civil disaster areas worldwide.
- Volunteers take tickets at film centers and performing arts events, lead tours at museums and historical societies, and ensure that arts and cultural festivals—from small-scale gatherings to massive multi-stage concerts—run smoothly.
- Volunteers build houses and schools, dig wells, and repair infrastructure around the globe.

You get the idea...

By the numbers

Another way to measure the impact of volunteers is to take a look at statistics like hours served and the economic value of volunteer time.

According to the [Corporation for National and Community Service](#), 61.8 million individuals in the United States contributed 8 billion hours of volunteerism in 2008 alone.

The economic value of all this volunteering? \$162 billion U.S. dollars.

Volunteers are critical partners of and participants in societies throughout the world. Whether actively giving their time through a formal or ad hoc organizations, or taking part in what is sometimes called "informal volunteering" where citizens voluntarily participate in community activities or provide personal care for family, friends, neighbors, or even strangers as part of accepted cultural norms of giving and reciprocity.

The impact of no volunteers

Finally, here's one more way to visualize the impact of volunteers. Try this little exercise: imagine if one day, all [volunteers simply didn't show up](#).

What would our cities, towns, state/provincial parks, schools, places of worship, and libraries look like? What basic needs would go unmet? What opportunities to grow, learn, and thrive as a society would be lost? The truth is you likely cross paths with a volunteer at least once if not several times a day, no matter where you are in the world.

<http://www.idealists.org/info/Volunteer/Why>