

Find Time to Volunteer

(1) Many people believe that they gain a greater sense of purpose by giving their time to serve others. (2) These are the people who spend their free time volunteering at various places within the community. (3) Those who are served benefit from the work of these volunteers. (4) However, research shows that those who volunteer also receive benefits.

(5) For many students, this proposition may sound impossible. (6) Schoolwork can require hours of study each week. (7) Volunteering at a retirement center or homeless shelter requires both time and energy. (8) Extracurricular activities fill up after-school time. (9) Family obligations and part-time jobs often have to be worked into the schedule, too. (10) However, if students can find time to volunteer, even for a few hours a month, they may find that the benefits outweigh the scheduling difficulties.

(11) To begin with, students who engage in volunteer activities acquire valuable skills and experience, which can help them focus on potential fields of study and career options.

(12) Furthermore, when students list volunteer work on college applications, admissions counselors see applicants who care about making their community and college campus a better place.

(13) Volunteerism benefits more than students applying to college. (14) This type of experience is equally important for students moving directly into the workforce after high school.

(15) Volunteering demonstrates initiative, dedication, and a strong work ethic, qualities that companies value in a potential employee. (16) In a CareerBuilder study, 60 percent of managers regarded volunteerism as a significant asset when considering applicants.

(17) Students who volunteer undoubtedly make a positive investment in their future, but they also affect their present quality of life. (18) Studies have shown that volunteering is good for both the mind and the body. (19) Volunteering can boost mood levels and reduce anxiety. (20) According to the Mayo Clinic,¹ the feeling of doing something meaningful and the appreciation received from that action can reduce stress.

(21) Even the busiest of students can find a way to donate some time to a worthy cause.

(22) Though managing different commitments may seem overwhelming at times, students are sure to feel a sense of fulfillment in volunteerism.

¹**Mayo Clinic:** a nonprofit medical organization dedicated to treatment and research