**Beliefs/Volunteering Functions Inventory**

Using the 7-point scale below, please indicate how important or accurate each of the following beliefs or assumptions are / would be for you in your decision to volunteer.

**Behavioral Beliefs**

*Understanding Function*

1. I can learn more about the cause for which I am working.
2. Volunteering allows me to gain a new perspective on things.
3. Volunteering lets me learn through direct hands-on experience.
4. I can learn how to deal with a variety of people.
5. I can explore my own strengths.

*Value Function*

1. I am concerned about those less fortunate than myself.
2. I am genuinely concerned about the particular group I am serving.
3. I feel compassion toward people in need.
4. I feel it is important to help others.
5. I can do something for a cause that is important to me.

*Enhancement Function*

1. Volunteering makes me feel important.
2. Volunteering increases my self-esteem.
3. Volunteering makes me feel needed.
4. Volunteering makes me feel better about myself.
5. Volunteering is a way to make new friends.

*Protective Function*

1. No matter how bad I’ve been feeling, volunteering helps me to forget about it.
2. By volunteering I feel less lonely.
3. Doing volunteer work relieves me of some of the guilt over being more fortunate than others.
4. Volunteering helps me work through my own personal problems.
5. Volunteering is a good escape from my own troubles.

*Career Function*

1. Volunteering can help me to get my foot in the door at the place where I would like to work.
2. I can make new contacts that might help my business or career.
3. Volunteering allows me to explore different career options.
4. Volunteering will help me to succeed in my chosen profession.
5. Volunteering experience will look good on my resume.

**Normative Beliefs** *(Social Function)*

1. My friends and family volunteer.
2. People I’m close to want me to volunteer.
3. People I’m close to encourage me to volunteer.
4. People within my social circle volunteer regularly.
5. My family thinks I should volunteer.

**Control Beliefs**

1. Family obligations often place unanticipated demands on my time.
2. I often have the opportunity to volunteer. **(R)**
3. I often have health issues that may prevent me from volunteering.
4. I expect that my school/work will place high demands on my time.
5. There are not many interesting volunteer opportunities.