

## Community Service and Volunteer Ideas

When evaluating applications, colleges like to see students who have gone “outside themselves” and done something for others. Rather than a couple hours with one program and a few more hours with another, they prefer to see students who commit to one organization for at least one-hour-a-week during the school year and/or summer, for at least a year or two. Participating in such a program provides wonderful opportunities for the growth of the student, as well as experiences that transfer well to college-essay topics! The supervisors really get to know the students working with them and are almost always willing to provide a wonderful letter of recommendation for those kids who have consistently provided consistent “service with a smile!”

Some suggestions:

- FISH or LOVE, Inc. of Newberg (food sorting, after-school tutoring, cleaning) Local grade schools that offer after-school care or tutoring
- Your church: worship team, Sunday School, summer camps
- Retirement and care homes: reading to a shut-in once a week, giving manicures
- Habitat for Humanity
- Horse therapy programs/camps for handicapped children, such as Forward Stride (Wilsonville), Chehalem Mountain Therapy Riding Center (Jaquith Rd., Newberg), etc.
- Libraries
- CAT – The Cat Adoption Team in Sherwood (located near the DMV)
- Veritas – The school is often looking for a student who will help on a regular basis in the library, doing yard work, etc.

\*Mom, Dad, Grandma, Grandpa, family friends...In order for these children to be successful volunteers at this age, they truly need your support! Any commitment they make of their time will also involve someone who can provide encouragement, schedule juggling, and, often times, a ride! Please adequately evaluate any volunteer plans your children have so that they can keep their time commitment to the organization, or otherwise they can end up with negative evaluations from their supervisors due to not being reliable.

Action Plan for Volunteer Work:

- 1) Keep a volunteer log by using a binder and adding log pages (provided by the school, or you can make your own).

- 2) Choose and pursue a choice of service. Offering four hours of your time per month is a good standard to follow. You can also take advantage of your free time during school breaks and summers to serve as camp counselors, etc.
- 3) Find something that you truly enjoy doing! If you're not an animal person, don't offer to help at the Cat Adoption Team. :) There will be times when you really don't feel like going, but you need to show you're dependable, so volunteering somewhere you like is a big motivator.
- 4) If you can't make it for some reason, be sure to give your supervisors as much advance notice as possible so that they can find someone to take your place. Better yet, see if you can find another volunteer who will switch places with you. This will make your supervisor very happy!

**Be sure to keep track of volunteer hours by using one of the following forms:**