

# Volunteering

HOW IT CAN BENEFIT YOU AND YOUR COMMUNITY!

## Why Volunteer?

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.

The better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

<http://www.helpguide.org/articles/work-career/volunteering-and-its-surprising-benefits.htm>



Where do you begin?



ILLINOIS WORKNET – [WWW.ILLINOISWORKNET.COM/VOLUNTEERING](http://WWW.ILLINOISWORKNET.COM/VOLUNTEERING)

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## Volunteer & Community Service Sources

- <http://volunteermatch.org>
- <http://chicagocares.com>
- <http://onegooddeedchicago.org>
- <http://indeed.com>
- Meetup
- United Way
- Village, City, Park District
- Chambers of Commerce
- Hospitals
- <http://redcross.org>
- <http://chicagoonebrick.org>
- <http://handsonsuburbanchicago.org>
- <http://idealist.org>
- Peace Corps, Americorps
- Social Service Agencies
  - Homeless
  - Food banks
  - Senior centers
  - Animal Shelters

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## Youth & Volunteering

- Explore careers
- Make new friends
- Build skills
- Meet requirements
- Help others



[Why and Where to Volunteer – Young Adults article](#)

Along with the previous list, check <http://www.yvc.org/>



## Adults in Transition

- Gain skills and experience
- Obtain transferable skills
- Network with leaders and other volunteers
- Keep your spirits up



[Bridge your Job Transition with Volunteerism](#)

## Volunteering & Networking

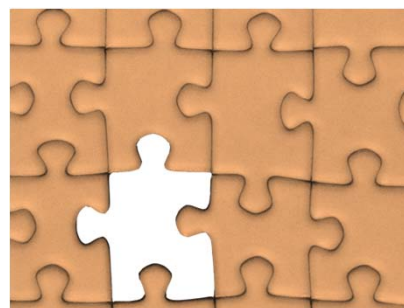
- Shared interest
- Bond over shared experiences
- Build contacts in your career field
- Stay engaged
- Openings to new networks of people



[Volunteering and Networking](#)

## Volunteering & Your Resume

- Minimal experience
    - Show work ethic
    - Show commitment
    - Manage time
    - Be involved
    - Team member
  - Employment gaps
    - Work experience
    - Leadership roles
    - Skills gained
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- Add to your resume
    - Skills & experience
    - Longevity
    - Leadership roles
    - Projects/initiatives

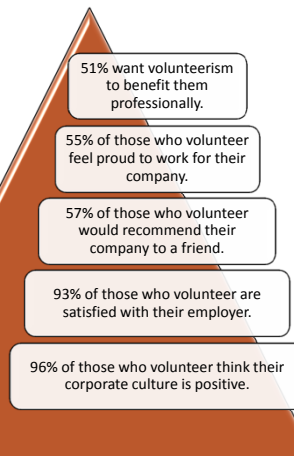


[Volunteering and Your Resume](#)

## Business Supports Community Service

- Community good will
  - Paid to volunteer
  - Flexible hours
  - Community days
- Word of mouth brand awareness
- Gain new skills
- Happier employees
- Engaging the community

Accenture  
Comcast  
Target  
JP Morgan Chase  
Walmart  
State Farm  
Ernst & Young  
Hyatt Corporation  
Deloitte



[Business Supporting Volunteering and Community Service](#)

## Questions?

Sponsored by the Illinois Department of Commerce and Economic Opportunity (DCEO)

