

## Document 1

### Want to give back? Try volunteering

Volunteers serve a crucial role in supporting social and community services. Many organizations depend heavily upon volunteers to run programs and struggle to do so without them. Additionally, participating in volunteer activities has benefits for the participants as well.

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A recent study published in the Journal of Happiness Studies that looked at around 70,000 people in the United Kingdom found that participants who volunteered experienced a boost to their own mental health regardless of how happy they were with their life prior to volunteering.

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Volunteer programs also play a role in employee engagement for many corporations. These programs are used to support team building, professional development, and company culture. According to a 2017 Volunteerism survey by Deloitte, creating a culture of volunteerism can boost morale among employees and improve the atmosphere in the workplace.

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Virtual volunteering is one solution that can help increase volunteer participation when in person opportunities pose too many hurdles. Virtual volunteering is any activity for a nonprofit that can be done from home. In many cases, these activities are internet based for anything from data entry, marketing, or engineering support.

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*<https://allwork.space>*

*December1, 2020*

## Document 2

### Why you should volunteer in college

According to a recent study, volunteering makes job candidates more appealing to future employers. What are some perks of volunteering as a college student?

5 If you volunteer in college, you have the chance of making some solid connections that could help you down the road when you are job hunting. Not only should you meet some other students with similar interests, you will probably interact with program coordinators who may be able to give you advice or even job recommendations when the time comes.

10 You shouldn't minimize the impact you could have by volunteering. Combined with the efforts of other students who are involved, you could help bring joy or comfort to other peoples' lives by your actions.

You should hone life skills through volunteering. Whether the volunteer work entails making phone calls or speaking in another language, volunteering is one way to gain hands-on soft skills that could translate in the workplace later on.

15 *<https://www.elearners.com> January 2021*

## Document 3



*Volunteer in a shop, help young refugees adjust to a new life or take on a fundraising challenge*

*<https://www.redcross.org.uk/get-involved>*

*January 2021*