

# Top Ten Reasons for Youth to Volunteer

## 10. Gain Job Experience

Volunteer experience looks great on a resume. Also, some of the work you do could lead to a job doing similar work.

## 9. Improve Your Health and Self-Esteem

Volunteering to help others has been shown to reduce stress, give you hope and boost your self-esteem.

## 8. Meet Real Community Needs

Helping people learn to read, or get basic food, clothing, shelter or furniture makes a huge difference! Whether the project is planting a tree or tutoring children, the community will look and feel better.

## 7. Gain Entrance to College

Colleges and universities today are looking for applicants who have more than high grades. They are looking for well-rounded people who have volunteered to make a difference in their communities.

## 6. Meet New People and Establish Friends, Connections and References

When you work alongside others, you really get to know them and become friends with them. Also, adults at organizations where you volunteer can connect you to great opportunities and provide you with a useful reference for a job or college.

## 5. Gain New Skills and Develop Talents

Whether you enjoy working with computers, children or seniors, any interest you have can be developed through volunteering.

## 4. Spread Positive Energy and Hope

Just like random acts of kindness, when you volunteer, your energy and efforts affect the whole community in a positive way.

## 3. Make the World a Better Place

If you see problems in your community that you feel need addressing, do something about them. By volunteering, you do make a difference and help make the world a better place.

## 2. Personal Growth

By taking on new tasks you'll learn more about people and life.

## 1. It's Fun!

Volunteering will bring laughter and smiles into your life.

