



Identify what you might like to do or what you are passionate about.



Research organizations or causes that fit that passion or interest.





Talk to friends and family who volunteer to see what might be a good fit and learn their experiences.



Contact the organization. If no volunteer experiences are available now, ask if they can connect you to a similar organization.





Attend an orientation or information session.





Fill out the paperwork and complete any necessary background checks.



Begin volunteering, and keep your commitments.

Volunteering is the act of investing our time and abilities into individuals and/or organizations without getting paid. It opens up many opportunities to not only step out of our comfort zone but also to go beyond our own needs and see those of others. Volunteering provides people with the chance to improve their community, meet new people, and explore interests. It can give us a sense of purpose and increase our world view. ©2019 Core IQ. All rights reserved.

