









THE POWERFUL BENEFITS OF VOLUNTEERING

Career Development Tool

CAREER COMPETENCY

Global Context

DESCRIPTION

Quick summary of the tool

This video prompts students to think about the benefits of volunteering and how they are contributing to their communities.

GOAL

To prompt students to think about the benefits of their volunteer experiences and/or seek volunteer opportunities.

TO CONSIDER

NONE

PREPARATION

NONE

SUPPLIES & COST

Video Link: https://www.youtube.com/watch?v=0PyU_u60IpQ

INSTRUCTIONS

Detailed instructions to facilitate this tool

1. Present the video to students
2. Ask debrief questions.
3. Have students share (i.e. pair share, group share-out)
4. Debrief to explain the goal of the video and activity.

Summary of Video:

1. The Happiness Effect: The more people volunteer, the happier they are.
2. The Health Effect: Lowers likelihood of depression, greater functioning ability, lower mortality rates.
3. The Career Success Effect: More likely to get jobs, employers see as more value, report more promotions and increased salary.
4. The More Time Effect: Feel like more time, less likely to waste time and money.

FACILITATOR TIPS

Tips for facilitating this tool: variations, ways to tailor tool to your staff area

This tool is meant to start a conversation. It is recommended to use this tool to introduce this career competency.
Share CSU's Student Leadership, Involvement & Civic Engagement website: https://lsc.colostate.edu/slice/

DEBRIEF QUESTIONS

Questions for student employees to think about

- *Thinking about the video, do you see those benefits present in your life when you volunteer?*
- *What are some ways you could (or already do) volunteer within the CSU and Fort Collins community? Your "home" community?*