Help Yourself

Your own health can benefit from volunteerism. It can help boost your self-esteem, the way you view yourself, and give you a sense of belonging. Volunteer projects can lead to developing a sense of purpose in life and forming close friendships. They can also perpetuate feelings of achievement.

Help Others

Too often, it is easy to become consumed with stress over the everyday troubles and difficulties of your own life. Volunteering can help you look beyond your stresses and focus on helping others. Furthermore, they provide many great opportunities to see the world, and to see it from a different person's point of view.

College and Jobs

That is why many high schools across the country encourage students to volunteer and give back to their communities. Some have even begun to implement volunteer hours as a graduation requirement. If your school does not require volunteer hours, it is important to remember that it can benefit you to take it upon yourself to volunteer for a cause.

In addition to knowing that you have helped and promoted the well-being of others, volunteering will make you stand out on both college and job applications, and can help you learn valuable work skills. Volunteering shows that you are a dedicated individual who is willing to give back to the greater good.

Gain Skills

Some skills you can learn from volunteering include:

- setting and reaching goals;
- working as part of a team;
- being a leader;
- developing a plan and implementing it;
- gaining diverse life experiences;
- gathering ideas about what career you may enjoy;
- understanding others who are in different situations than your own; and
- forming an appreciation for cultural diversity.