



# Institute for Strengthening Communities



MARCH 2005

## 18 Ways for You to Help Other People by Volunteering

Have you ever thought about volunteering your time to a local charity or community organization? There are many different reasons for you to start volunteering:

- To help others
- To learn about an activity or organization that interests you
- To beat boredom (if you find yourself sitting around the house feeling totally bored, volunteering in an activity you enjoy can be a great way to change things)
- To overcome a loss you have experienced (one of the best ways to help yourself in a time of loss is to help others)
- To gain perspective on life (there is no better way to understand your blessings than to help people in need)

Your reasons for volunteering are as individual as you are, but no matter what your reasons you can get a lot out of volunteering. You can learn about yourself, learn about others and meet a lot of interesting people by volunteering. You can help others as you help yourself.

One of the hardest parts of volunteering can be finding a volunteering opportunity that fits your personality. The following list will give you lots of different ideas and will show you many different possibilities. Look in your local area until you find a volunteer position that works for you.

1. Homeless Shelters.
2. Food Banks
3. Ronald McDonald House
4. Special Olympics
5. Habitat for Humanities
6. State Parks
7. City Parks
8. City Programs
9. Helping Others Learn to Read
10. Hospitals
11. Libraries
12. Senior Citizen Centers
13. Animal Shelters
14. United Way
15. Red Cross
16. Salvation Army
17. Environmental Organizations
18. Political Campaigns

## Peanutty Good Luck Snack

*Snack in 10 minutes--no cooking or baking required!*

- 4 cups Luck Charms Cereal
- 1 cup Reese's Pieces
- 1 cup Yogurt-Covered Raisins
- 1 cup Peanuts

1. Place all ingredients in re-sealable plastic food storage bag; seal. Shake until mixed.
2. Store at room temperature up to 3 days.

## Spring Break & Movie Time !!

Cinema 6

Sycamore Mall, Iowa City

319-351-8383

Campus 3

Old Capital Center, Iowa City

319-337-7484

Coral Ridge 10

Coral Ridge Mall, Coralville

319-625-1010

## Top 10 Study Tips

1. Study in the same place. A quiet place away from distractions with room to work.
2. Study at the same time. What works best with your schedule or what time of the day do you concentrate best.
3. Use a homework organization folder or system.
4. Cut out all distractions. TV off, music turned down, phone calls taken when homework is done.
5. Do the hard stuff first. Your brain will be fresh.
6. Schedule long term projects. Break down large projects into smaller, more manageable parts.
7. Review regularly. A few minutes a day will pay off considerably at test time.
8. Write up a contract. Write out what is expected of you with your parents.
9. Schedule each homework session. Make a quick schedule on how you are going to use your time.
10. Avoid doing a marathon. "All nighters" are the least productive way to study.



