



Questions To Ask Yourself

We are receiving more and more calls from volunteers who don't know quite what they would like to do. The following is list of questions to ask yourself as you begin the process of becoming a volunteer.

Time:

- How much free time do I have available to do volunteer work?
- How many hours a week would I like to volunteer?
- How much of a commitment am I willing to make?
- How many months am I able to commit to a volunteer job?

Skills/Interests/Experience:

- Why do I want to volunteer?
- Will the job I choose fulfill those motivations?
- Have I done volunteer work before? What did I like/dislike about it? Do I want to do something similar again? Would I rather do something different?
- Do I have any hobbies or interests that I would like to use in my volunteer job?
- Do I have any paid work experience that I would like to use in my volunteer job?

Setting:

- Do I have a geographic preference?
- How far am I willing to travel to volunteer?
- What kind of atmosphere would I like to work in? Quiet? Fast paced?
- Do I want to work inside or outside?
- What kind of place do I want to work in? Hospital? School? Nursing Home? Gift Shop? Office? Shelter or Soup Kitchen? Recreational Facility? Museum? Camp? Park or Zoo? Theatre?

Clientele:

- What age group do I want to work with? Infants? Children? Teenagers? Adults? Elderly?
- Do I want to work one-on-one with individuals or with a group of people?
- Do I have experience that would make me especially effective in working with a specific client group, or on a particular social issue?

Personal Considerations:

- How would I get to the volunteer job? Do I have access to a car? Will I need to take the bus, or make other arrangements?
- Do I have any physical or emotional disabilities that I should take into consideration when choosing a volunteer job?
- Am I on a medication schedule, which would impact upon the job, or upon the time schedule of the job?
- Do I know someone would be a reference for me if I need one? Have I asked them in advance so that they know that they may be contacted?
- If I am under the age of 21, do I understand that there may be certain volunteer opportunities that have minimum age requirements for which I don't qualify?