

Volunteer

“It’s what “the Herd” and Falcons do!”

We encourage all students to volunteer. How much time depends on your situation and schedule, but even two hours a week can make a big difference in the lives of those whom you serve. In the process, you can accumulate over 100 hours per year to put on your job resume, college or scholarship applications.

There are numerous awards and scholarships you can earn for your volunteer work (Congressional Award, Pioneering Spirit Award, Prudential Spirit Award \, Presidential Service Award, Eagle Scout...) Ask a counselor for more information or go online. Below are listed resources for you to consider:

1. Utah Food Bank website: www.utahfoodbank.org/give-time (not just handling or giving food, they have a directory assistance program for many volunteers outside of Utah county)
(801) 978-2452 or 2-1-1
2. United Way of Utah County website: www.unitedwayucv.org/volunteer
(They also have ideas for Eagle Scout projects.) 148 North 100 West Provo, UT
(801) 374-2588
3. Lehi City website: www.lehi-ut.gov/ (go to the Community Tab and click on the link “Get Involved.”)
4. Volunteer Utah (<https://heritage.utah.gov/userveutah>). State-wide opportunities and recognition.
5. Local businesses, non-profits, schools, and government agencies.

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.” – Anais Nin

SKYRIDGE

HIGH SCHOOL



Utah's Culture of Volunteerism

The culture of service and volunteerism in Utah is part of what makes our state so unique. Individuals throughout the state feel a deep desire to reach out to their neighbors and communities in both religious and non-religious capacities.

Research in 2012 by the Corporation for National and Community Service (CNCS) through the Volunteering in America 2012 report ranks Utah as the #1 volunteering state in the nation with 40.9 % of adults volunteering. This volunteering rate is significantly above the national average of 26.8%.

On average, Utah's volunteers dedicate 144 million hours of service per year which is equivalent to 69,000 full-time employees with an estimated economic contribution of \$3.7 billion annually.

In addition to being ranked the #1 volunteering state in the nation, Utah ranked #1 in eight other categories, including:

- Volunteer Hours per Resident: 89.2 hours (National Average: 33 hours)
- Baby Boomers (born 1946 to 1964): 47.6% (National Average: 29.2 %)
- Generation X (born 1965 to 1981): 47.0% (National Average: 23%)
- Millennials (born in/after 1982) 37.6% (National Average: 21.6 %)
- Parents: 52.0% (National Average: 33.9%)
- Men: 40.1% (National Average: 23.3%)
- Women: 46.0% (National Average: 29.8%)
- Favors for Neighbors: 76.7% (National Average: 65.1%)

High volunteer rates are connected to lower health problems.

The Corporation for National and Community Service used data from the U.S. Census Bureau and the Center for Disease Control to determine that "states with a high volunteer rate also have lower rates of mortality and incidences of heart disease. When comparing states, a general trend shows that health problems are more prevalent in states where volunteer rates are lowest." Source:

http://www.nationalservice.gov/pdf/07_0506_hbr_brief.pdf

Volunteering leads to greater life satisfaction/lower rates of depression.

Evidence indicates that volunteering has a positive effect on social psychological factors, such as a personal sense of purpose and accomplishment, and enhances a person's social networks to buffer stress and reduce disease risk. (Herzog et al., 1998; Greenfield and Marks, 2004; Harlow and Cantor, 1996)

Individuals who volunteer live longer.

Several longitudinal studies have found that those individuals who volunteer during the first wave of the survey have lower mortality rates at the second wave of the survey, even when taking into account such factors as physical health, age, socioeconomic status and gender. (Sabin, 1993; Rogers, 1996; Musick et al., 1999)

Individuals who volunteer make vital contacts.

88% of employee volunteers report volunteering provides networking/career development opportunities. Source:

<http://www.volunteermatch.org/corporations/resources/businesscase.jsp>



Volunteer Be Strong!

Opportunities for students age 12+

Friends in Need (Eagle Mountain) (801) 891-2622

Help take care of the wide variety of animals at the animal sanctuary, clean cages, play with animals or fundraise for the animal's needs.

Welcome Baby (Utah County) (801) 691-5304

Teach new parents about infant development, health, safety and community resources. Training is provided. A one-year commitment is desired. Help is also needed to make baby blankets, collect diapers, etc.

Community Action Food Bank (American Fork and Provo-Main Office)

(801) 373-8200 ext. 216 Collect toothpaste, napkins, hand soap, diapers, toilet paper, paper towels, or canned and dried food or help sort food into boxes for families in our community.

The Food and Care Coalition (Provo) (801) 373-1825

Help make or donate sack lunches for homeless and low-income families and individuals.

Project Evergreen (Utah County) (888) 611-2956

Serve military families with loved ones serving overseas by shoveling snow, mowing lawns and more.

SCERA Theater (Orem) (801) 225-2569

Volunteer by handing out programs, ushering, cashiering, providing concessions, or providing technical support.

Juvenile Justice Services (Utah County) (801) 491-0118

Volunteers are needed to tutor, make bookmarks and cards, put together hygiene kits and more.

Rippy Literacy Center (Lehi) (801) 766-0525

Volunteers needed to support students with basic math/reading skills. Application is online at www.lehi-ut.gov/discover/literacy-center.

Opportunities for students age 13+

Kids on the Move (Lehi) (801) 221-9930

Tend children on Tuesday, Wednesday and Thursday evenings.

Parent Education Resource Center (Utah County) (801) 229-7390

Volunteers can help with various clerical duties, staffing the library and mending educational materials.

American Red Cross (Utah County) (801) 221-7626

Be a member of the Disaster Relief Team or serve with the Armed Forces Emergency Services (AFES) Call (801) 373-8580 to find out more. Volunteers can also donate blood at the Orem blood bank or serve cookies to donors.

Opportunities for students age 14+

Habitat for Humanity (Utah County) (801) 344-8527

Volunteers under the age of 17 require adult supervision. Students can also collect aluminum cans and cardboard to accrue volunteer hours.

Recreation and Habilitation Services (RAH!) (Orem and Provo) (801) 374-8074

Volunteers needed to support others with bowling, activities at the facility, and crafts.

Courage Reins (Highland) (801) 756-8900

Volunteer to assist people with disabilities in therapeutic horseback riding lessons. Also, help care for horses, work in the office, recruit volunteers and more. Information online at www.couragereins.org.

Timpanogos Cave (American Fork Canyon) (801) 756-5293

Volunteers follow tour specialists and tour groups and answer questions for guests. Volunteers also help rangers by reporting behavioral issues with the tour group. Applications online, and at the cave.

IHC Hospitals (Utah and Salt Lake Counties) (801) 855-3506

Primary Children's Hospital (Salt Lake City) (801) 622-6560

Volunteer opportunities include working in the gift shop, helping in surgery waiting rooms, and helping in the business office. Applications available online and at the hospitals. Volunteers are required to attend an orientation and a 2 ½ hour training. Volunteers are also asked to commit to 3-4 hours a week for at least 6 months.

Living Planet Aquarium (Sandy) (801) 355-3474

Applications online, over the phone, or at the aquarium. Volunteers must commit to 10 hours per month.

Clark Planetarium (Salt Lake City) www.clarkeplanetarium.org.

Volunteers sign up for specific events at the Planetarium. Commitments vary for each event.

Hogle Zoo (Salt Lake City) (801) 584-1737

Volunteers teach visitors about the animals. Applications online. Training is in the spring. Volunteers need to commit to 8 hours a month for one year.

Hutchings Museum (Lehi) (801) 768-7180

Volunteers participate in several events by running booths, dressing up as characters, and interacting with visitors. Commitments include mandatory event meetings and length of events (usually about a week).

If anyone knows of a volunteer opportunity we should add to our list, please contact Joyce Chirrick at jchirrick@alpinedistrict.org.