

Helping Others Helps YOU!

College applications, scholarships and employers will ask for details about your community involvement. Community Service is defined as volunteer activities that have a significant impact in meeting the needs of communities and that allow people to help others by sharing their time and talents. Leadership and decision-making are some skills practiced in performing community service along with increased self-esteem and networking for future career contacts.

BEEF up your resume with community service. Volunteering helps you...

1. Earn scholarships
2. Strengthen your college application
3. Gain experience & job skills
4. Develop leadership qualities
5. Increase self-confidence
6. Develop a sense of purpose
7. Increase your social & relationship skills
8. Make new friends & contacts
9. Counteract the effects of stress, anger & anxiety
10. Be happy by helping others
11. Make your community a great place to live



Questions to Ask Yourself Before You Volunteer

It's important that you enjoy the type of service you choose and that you have the time to stick with it. Ask yourself these questions before you commit to an organization.

1. How much time do I have to commit?
2. Do I want an ongoing regularly-scheduled assignment, a short-term assignment, or a one-time assignment?
3. Am I willing to participate in a training course or do I want to start my volunteer work immediately?
4. Which talents or skills do I offer?
5. What would I most like to learn by volunteering?
6. What don't I want to do as a volunteer?
7. Do I want to work alone or with a group?
8. With what kind of people do I want to work—both in terms of who is receiving my services and who my co-workers might be?

Volunteer Ideas & Opportunities

Local Organizations

1. 1912 Center (Heart of the Arts)
2. Backyard Harvest
3. Bear Buddies
4. Chamber of Commerce
5. Disability Action Center
6. Elks Lodge
7. Friends of the Clearwater
8. Gritman Junior Volunteers
9. Humane Society of the Palouse
10. Idaho Fish & Game
11. Latah County Historical Society
12. Latah County Library District
13. Moose Lodge
14. Palouse Clearwater Environmental Institute
15. Palouse Habitat for Humanity
16. Palouse Prairie Charter School Native Landscape maintenance
17. Quilts of Valor
18. Rock Steady Boxing
19. Salvation Army
20. U of I Arboretum

Activities

1. After-school child care programs. i.e. Churches or schools programs.
2. Community theatres, museums
3. Food drives. Palouse Cares Food Drive is every fall.
4. High school clubs often do service work (i.e. Key Club, Environmental Club)
5. High school concessions & sporting events
6. Highway litter cleanups, neighborhood and school cleanups.
7. Churches have many needs
8. Moscow School District summer program
9. Scouting; 4-H clubs
10. Senior center (1912 Center)
11. Latah County Historical Society
12. Moscow Library
13. Youth coach or referee. i.e. Youth football. Possible contact is Moscow Parks & Rec.
14. Help elderly neighbors with projects such as leaf raking, painting, groceries, dog walking.
15. Help people running for public office with their campaigns. i.e. address envelopes, hand out information at a fair booth or Farmer's Market, build a float for a community parade.

City of Moscow

1. [Volunteer Opportunities web page](#) for the city lists departments, services, and programs that need community support.
2. [Moscow Police Department](#) puts on the Newbill Safety Fair and organizes the National Night Out event in downtown Moscow and uses volunteers from its Youth Explorer Program. If interested contact tallen@ci.moscow.id.us.
3. [Moscow Sister City Association](#) organizes activities and uses volunteers. [Link to their flyer](#) for more information and contacts.
4. [City Commissions](#): High school students can serve as a non-voting member on the city's commission except for Planning & Zoning, Board of Adjustment, and Tree. Students are added in addition to the maximum members shown below and serve in an ex officio capacity meaning that they do not have voting privileges. Terms are one year expiring on December 31 and terms may be renewed. Visit the city commissions web page to learn more. Each commission has a web page with detailed information and a contact person. Start by filling out an [application for an appointment](#).

Meeting Body	Maximum Members	Number of Vacancies
Arts	12	1
Board of Adjustment	7	1
Fair and Affordable Housing	9	1
Farmers Market	9	1
Historic Preservation	9	1
Human Rights	11	0
Moscow Pathways	7	0
Parks & Recreation	9	0
Planning & Zoning	9	0
Sustainable Environment	9	1
Transportation	9	0
Tree	7	0

Set a SMART Goal to help you achieve your service goals.

S - Specific, significant, stretching / What organization(s) will you contact?

Example: I will contact Joe at the Disability Rights Action Center

M - Measurable, meaningful, motivational / How many hours will I be able to contribute?

Example: I will contribute one hour of time a month.

A - Agreed upon, attainable, achievable, acceptable, action-oriented

Example: I will volunteer from 4– 5 p.m. on the 3rd Wednesday of the month.

R - Realistic, relevant, reasonable, rewarding, results-oriented

Example: I find this rewarding because it makes me feel good about myself after helping someone.

T - Time-based, time-bound, timely, tangible, trackable / How long will you participate & track?

Example: I will track my dates and hours using a form and plan to participate for the 2021-22 school year.

Community Service Hours Tracking Form

Volunteer Name: _____

Keep track of your community service on a form like this one and/or use LinkedIn. LinkedIn is a digital platform where you can build a permanent professional profile that is home to your digital resume. Within your resume, you can add a volunteer section and details.

Take this form with you, obtain the signature after each project is finished, and keep track of your hours.

Date	Activity	Place of Service	Hours	Supervisor Signature

“Success has nothing to do with what you gain in life or accomplish for yourself. Success is what you do for others”

Danny Thomas