



# ABRHS Community Service Program

## Tips for Volunteering

There are many different kinds of opportunities for volunteering for high school students! The best source of information on current volunteer opportunities is the Community Service section of the school website. Just go to the ABRHS home page, click on the "Extracurricular" tab and then scroll down to "Community Service".

### Benefits of volunteering:

- Volunteering can help you develop new skills.
- Volunteering can give you a sense of accomplishment.
- Volunteering can help you explore career interests and build leadership skills.
- Volunteering can introduce you to new people and experiences.
- Volunteering can give you an opportunity to pursue your interests.
- Volunteering can give you a break from school work.
- Volunteering can be fun.
- Volunteering happens on your schedule:
  - during the school year-----during the summer*
  - during the week-----on weekends*
  - at school-----away from school*
  - on your own -----with a group*
  - indoors-----outdoors*
  - in Acton or Boxborough-----in another state or country*
  - on a one-time basis-----in a regular basis*
  - in person-----virtually*

### Suggestions for volunteering:

- Explore your own personal interests or do some research and find out where the needs are in your community.
- Many students do volunteering which can help them with career exploration. For example, if you think you might be interested in a career in veterinary medicine or physical therapy, it is a good idea to test this interest by working in this kind of setting while you are in high school.
- Youth sports organizations offer opportunities to combine your interest in sports with a volunteer activity. Students are often welcome as coaches or assistant coaches. Religious organizations offer many opportunities for youth to participate in mission trips and other service projects. *Worship service participation or leadership does not count for award purposes.*

### Hints for getting started:

- Before contacting an agency, think about your time availability (be realistic - don't commit to something you won't be able to manage) and what you have to offer. Be prepared to take notes when you talk to the agency representative. You may have to leave a message if the appropriate person is not available. Be prepared to leave your name and number along with a time that someone could reach you.
- When you call, introduce yourself (for example, "I'm Jane Doe, a sophomore at Acton-Boxborough.") and tell the person about your interest and your availability. They may want to interview you in person or over the phone before placing you in a volunteer slot.
- Don't be discouraged if you have trouble reaching someone or getting set up with the volunteer job you want. You may have to be persistent or to try another place if your first choice doesn't work out for some reason.
- When you do commit to volunteering, follow through with your responsibilities. If you do need to cancel, please let your contact know in advance.
- Be sure to keep track of your hours on your own reporting form or you can use the [ABRHS worksheet tracking form](#) located on the ABRHS web page under Community Service.

*see other side→*



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### **Volunteer Sites:**

*This is a partial list of groups who work with student volunteers. However, there are many other school groups, clubs and community groups!*

ABCO – Acton-Boxborough Community Outreach Club ABRHS offices, school store, recycling, library, classrooms ABRHS Extracurricular Activity Service Projects ABSAF – AB Student Activities Fund Acton-Boxborough Community Education Acton-Boxborough Cultural Council Acton-Boxborough Farmers Market Acton-Boxborough United Way Acton and Boxborough Councils on Aging Acton and Boxborough Public Libraries Acton-Boxborough PIP STEM	Acton-Boxborough United Way Acton Chinese Language School Acton Food Pantry Acton and Boxborough Conservation Acton and Boxborough Recreation Departments Acton TV American Cancer Society Boxborough Community TV Danny's Place Emerson Hospital Habitat for Humanity Household Goods Lazarus House Lovelane Mass Audbon's Drumlin Farms	Minuteman Arc Mt. Calvary Community Supper Miracle League Music At A Time Nashoba Valley Neighbors National Brain Tumor Society Open Table Rotary Club Salvation Army Special Olympics St. Elizabeth's The Decibels Foundation The Discovery Museums The Umbrella Theatre AB Youth Sports Programs <i>and many more!</i>
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Due to the pandemic many on-line virtual volunteer opportunities became available. Here are a few:

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**Click here to view the current volunteer positions:** [ABRHS Volunteer Opportunities](#)