



Panasonic Student Eco
Citizenship Project

Volunteerism

Volunteerism is an altruistic endeavor, that is, actions taken for the benefit of others without regard for financial gain, compensation or reward. Volunteerism is selflessness.

You probably know people whose altruism is demonstrated through the volunteering they do. Some of them may be famous like Mother Teresa, who dedicated her life to helping impoverished people in India. Perhaps you know of a professional athlete who visits hospitals to brighten the day of critically ill children or maybe a family member or friend who takes meals to senior citizens who are housebound.

You will likely be volunteering on your own or with your class as a part of your Eco Diary project. Read the quotes below related to volunteering. What concept or belief is expressed by the author? Put the author's message into your own words. Notice how each step provides more details about the goals and shows a clear path for achieving the goal. Working through this process with goals will make your more likely to set and attain goals. Think about a goal you have for your Eco Diary project. Write down the goal below.

Quote	Author's Concept or Belief	In My Own Words
<i>"The ocean is made of drops"</i> Mother Teresa		
<i>"Everyone thinks of changing the world, but no one thinks of changing himself."</i> Leo Nikolaevich Tolstoy "		
<i>"The true meaning of life is to plant trees, under whose shade you do not expect to sit."</i> Nelson Henderson		
<i>"I wondered why somebody didn't do something. Then I realized, I am somebody."</i> Author Unknown		

The shared meaning of the quotes is _____

Your Volunteer Experience

As you plan your Eco Diary project, look for opportunities to volunteer in your school and community. To make a thoughtful decision about volunteering it is advisable to seriously consider your skills, talents and personal attributes.

Fill in the chart below with your existing skills and attributes. Add skills you would like to develop. Think about what tasks would be meaningful and engaging for you. Think about settings where you might contribute your talents. Add those to the chart. Examples are listed to help you get started.

Existing Talents and Skills	Personal Attributes	Talents and Skills Would Like to Develop
Public Speaking, Working with Children	Outgoing, Energetic	Organization skills, Working with Senior Adults
Possible Volunteer Settings or Tasks	Possible Volunteer Settings or Tasks	Possible Volunteer Settings or Tasks

It is also advisable to think seriously about your availability for volunteering. Taking the time to do so up front will ensure that a thoughtful decision will be made which will result in a positive and productive experience for all.

1. How much time do I have to volunteer? Can I volunteer during the school year or just summers?
Can I volunteer on a regular basis, for a particular time period, or one time? _____

2. Do I have the available transportation needed to commute to and from a volunteer site? Can I work at home? _____

3. What do I enjoy doing; what are my interests? _____

4. What type of setting would I enjoy – indoor, outdoor, quiet, busy? _____

If these considerations will help as you try to identify action steps to take for your Eco Diary. Choose volunteer opportunities carefully to make the most of your experience!