

# NATIONAL RESIDENCE HALL HONORARY



## VOLUNTEERISM AND COMMUNITY SERVICE GUIDE



# WHERE IS IT LOCATED?

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# CHILDREN AND YOUTH

## **Adopt an Elementary Class**

This project can be set as a monthly or weekly visit to a local elementary class room to aid teachers in various activities. Suggestions include but not limited to read to children for a story hour, arts and crafts or even future planning and letting children know someone cares about their future. Contact your local school board to find an eligible school near your campus.

## **Boys and Girls Clubs of America** - [www.bgca.org](http://www.bgca.org)

An organization established to take children off the streets or out of homes with no after school care and place them with other children in the local area. Volunteer opportunities range from attending camp one day and planning activities or actually picking a little brother or sister to interact with. Locations in all 50 states. Check Website for closest club.

## **Boy Scouts and Girl Scouts** - [www.scouting.org](http://www.scouting.org) and [www.girlscouts.org](http://www.girlscouts.org)

Help local troupes earn their merit badges. Activities can be teaching music, learning about nature, college preparation, etc. Check the websites to find a local troupe near your university.

## **Storyteller**

Volunteer at your local community library to be a children's storyteller. Often times libraries are already set up to do this and they just need volunteers. You can also help to run skits and/or teach children about the books they are reading.

## **Teen Hotlines**

Find out the local suicide hotlines in your area for the police department and volunteer to receive calls. There are also homework help lines in several areas of the United States.

## **University 101**

Contact your local High schools and offer to visit them for college training. Offer a skit in college preparation to be done at a senior pep rally or even offer to come speak about your university or living on campus. Help high schools juniors and seniors prepare to take the SAT. This should be a helpful recruitment tool for your university and your housing department. Contact your Office of Admissions for more help with this project.

# CRIMINAL JUSTICE

**National Youth Court Center** - [www.youthcourt.net](http://www.youthcourt.net)

An organization dedicated to providing technical assistance and advice to teen court programs in the United States. Check the website to find a teen court program near your university.

**Court Appointed Special Advocates** - [www.casnet.org/index.htm](http://www.casnet.org/index.htm)

An organization that provides support to abused and neglected children. It uses community members to speak in the interest of the areas children in court. Check the website for volunteer opportunities and how to become a member of the national organization.

# ENVIRONMENTAL

**Adopt a Road-**

Many of these programs exist through out the United States. Students can officially adopt a road by contacting your local, county, or city government. Colleges can also do residence hall road clean ups to keep our residential areas looking clean. Other ideas include beach clean up, lake clean up or even building clean ups.

**Humane Society of the United States** - [www.hsus.org](http://www.hsus.org)

Dedicated to promoting the protection of all animals, the HSUS utilizes volunteers for many different projects. Students can aid in walking animals weekly, grooming dogs and cats or helping with adoption services. Check the website to find your local animal shelter.

# HEALTH

## **Blood Drive**

Contact the blood services for your state and find out how to organize a blood drive. These are simple and effective ways to get students involved. Throw a pizza party for a hall that donates the most.

## **Friends For Life** - [www.friendsforlife.com](http://www.friendsforlife.com)

An organization who supports the lives of youth living with leukemia and related cancers. Plan a hat drive to send to this organization. Hats help alleviate patients felling of being different while possibly losing their hair during treatment. New hats only and No visors please.

## **Operation Smile** - [www.operationsmile.org](http://www.operationsmile.org)

A private non-profit organization dedicated to performing surgery to children in third world countries whose facial deformities prevent them from smiling. It costs approximately \$750 per operation. Schools can create sell smiles for a \$1 to help raise awareness of this organization. Universities can also create associations to educate the local community. Established associations can travel to participate in the medical teams.

## **Project Pillow**

This can be an all night marathon or a long term project for any school. Students buy the materials and create pillows for patients in hospitals. Universities can add their own flair to each of their pillows. When finished with the project, students can deliver this pillow to patients about to enter surgery at their local hospitals. This project can also be accomplished by making quilts or blankets.

## **Ronald McDonald Charities** - [www.rmhc.com](http://www.rmhc.com)

Dedicated to providing health care for children for an impact upon their lives. The National Hospital is located in Illinois but volunteers can help to raise money for this organization. The organizations also provide mobile care for patients around the United States. Students can also volunteer by contacting their local chapter of the RMHC.

## **Shriner's Hospitals for Children** - <http://shriners.com/>

International Fraternity dedicated to providing care for burns, orthopedic problems and spinal cord injuries to children up to their 18<sup>th</sup> birthday. Hospitals located in SAACURH area are; Greenville, South Carolina: Lexington, Kentucky: and Tampa, Florida. Weekly volunteer opportunities are available as well as individually scheduled activities.

# HUNGER AND HOMELESS

**Coat Collection** - Collect old winter coats and jacket to give to a homeless shelter. Works well right before winter when people are ready to buy new coats or right after when people are getting ride of them.

## **Donate Food**

If your school makes their own exam pack or if you have a problem with many packages that aren't picked up, donate the food to a homeless shelter. This helps to prevent wasted food!

## **Feed the Homeless**

This is a simple project that can be planned by your school. Supplies needed are bread, peanut butter, jelly, fruit, canned juice, etc. Create bag lunches and distribute them to a local homeless shelter or local organizations dealing with hunger or homeless. Easy Project to be accomplished in one afternoon.

## **Habitat for Humanity** - [www.habitat.org](http://www.habitat.org)

An organization that helps build homes for low income families. Students can help by volunteering on Saturdays to build homes or can help work in habitat officers working on data. Check the website for locations near you.

## **Trick or Treat... for Cans**

Pick a local community near your campus and advertise that you will be trick or treating for cans on Halloween. This allows collect student to be silly and dress up for Halloween while helping the community. Give the food to an organization who prepares meal boxes for families with limited resources. Be sure to have a vehicle handy to dump canned goods.

# LONG TERM OPPORTUNITIES

Intended for after college resources.

## **Jesuit Volunteers** - [www.jesuitvolunteers.org/](http://www.jesuitvolunteers.org/)

Organization committed to helping the poor. Placement within the United States.

## **Peace Corps** - [www.peacecorps.gov/](http://www.peacecorps.gov/)

24 month commitment overseas. Volunteers are placed within service areas according to interest. The toughest job you will ever love.

## **United Nations Volunteer** - [www.unv.org/](http://www.unv.org/)

Assignments of 24 months working in the united nations to better humanity. Volunteer in the United State and abroad.

# SENIORS AND DISABILITIES

## **Adopt a Grandparent**

Contact your local retirement home for a list of residents without family in the area. Go meet them monthly for a meal in the cafeteria and send them cards during holidays and birthday. It can be as simple or as involved as your school has time for. Helps members of retirement communities fell like they have family close to their homes.

## **PROM**

This project takes lots of planning and cooperation from a local assisted living facility but is extremely successful. Put on a dance for the residents of the facility and bring plenty of volunteers to dance with the residents. Send invitations to the facility ahead of time to hand out to their residents. Serve punch and finger food but be sure to clear food list with the facility. The residents love this idea. Make sure to pick music that the residents would know and not MC Hammer or N\*Sync.

## **Pumpkin Caroling**

Pick a holiday and go caroling in nursing homes and assisted living facilities. Works best when using holiday other than the winter season because the residents aren't expecting it. Call local facilities in your area to see when low traffic months occur to break the monotony of every day life. Bring song sheets so the residents can sing with you.

# MISCELLANEOUS

## **Breakaway** - [www.alternativebreaks.org](http://www.alternativebreaks.org)

Use Breakaway to set up trips or contact local parks and facilities who have overnight capabilities or camp groups and do an alternative spring break. This can be done as cheap as \$60 a person. An easy way to bond with a group of people and help the area. Can be working at a state park, leadership training camps, etc.

## **Dinner with Heros**

Call your local Fire station or campus police department and agree to provide them dinner for one evening. Fire departments are equipped with full kitchens; ask if you can cook there. This is a great opportunity to express your gratitude for the men and women who protect your halls on campus. Can be as simple or extravagant as you want it to be. Typical Costs from \$30-\$80. You can also request a tour of the facilities.

## **PBS or NPR** - [www.pbs.org](http://www.pbs.org) and [www.npr.org](http://www.npr.org)

Volunteer at your local Public Broadcasting Station or National Public Radio Station. Many times they need help with telephones during their campaigns. You even get a chance to be on TV with Telethons. This is an easy opportunity for your organization to get simple publicity by helping your community. Check both websites for local stations.

## **STARS USA** - [www.starsusa.org](http://www.starsusa.org)

This organization is dedicated to bridging the gap between class room learning and hands on experience. Available to help students advance their career development. Check their website on how to help with a project.

# VOLUNTEERING RESOURCES

**Advise for Volunteers** - [www.serviceleader.org/advice/](http://www.serviceleader.org/advice/)

Great resource to help explain why volunteering is important. A resource to present at meetings when proposing projects.

**Community Service** - [www.communityservice.org/cs/index.php](http://www.communityservice.org/cs/index.php)

Another listing of many volunteer opportunities.

**Helping** – [www.networkforgood.org](http://www.networkforgood.org)

A resource listing of hundred of opportunities. Searchable to interest and zip code.

**Ideal List** - [www.idealists.org/](http://www.idealists.org/)

A listing of hundreds of non-profit organizations seeking volunteers.

**Planet Volunteer** - [www.planetvolunteer.com/](http://www.planetvolunteer.com/)

Search of volunteer opportunities by area code.

**Servenet** - [www.servenet.org/](http://www.servenet.org/)

One of the top resources for volunteering. Site has both opportunities and resources for volunteers.

**Volunteer for our Children** - <http://www.child.net/volunteer.htm>

Website of Ideas dedicated to helping children. Many do it yourself ideas easy for small or large groups of people.

**Volunteer Match** - [www.volunteermatch.org](http://www.volunteermatch.org)

Website to match volunteers with organizations around the world.

**Volunteer Opportunities Exchange** - [www.voe-reb.org/welcome.jhtml](http://www.voe-reb.org/welcome.jhtml)

Volunteer opportunities and ability to post opportunities when looking for help as an organization.