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Activity # 1: Your Ideal Volunteer Position

1) Know and Grow Your Skills

In the table below, list some specific skills you are already good at and ones you would like to develop through your volunteer experience (e.g. for Communication, perhaps you are really good at writing, but need to work on your ability to explain things.)

Skill Area	Already Developed	Would Like to Develop
Communication		
Leadership		
Teamwork		
Critical Thinking		
Numerical		
Problem-solving		
Organizational		
Technical		
Creative		
Self-management		

2) Linking Your Interests

List your favourite hobbies/interests below:

_____	_____
_____	_____
_____	_____

What type of work situation do you prefer (please check)?

Physical activity	_____	Dealing with clients	_____
Computer/desk work	_____	Working "behind the scenes"	_____
Combination of both	_____	Making decisions	_____
Working by myself	_____	Following instructions	_____
Working with others	_____	Other (specify)	_____

3) Working Within Your Beliefs and Values

What type of groups are you most interested in (check your top 3)?

Environment	_____	
Faith/Religious	_____	
Social Services	_____	
Health	_____	
Emergency/Crisis	_____	
Arts and Culture	_____	
Sports and Recreation	_____	
Education/Literacy	_____	
Community/Economic Development	_____	
Justice/Crime Prevention	_____	
Communities of interest	_____	specify: _____
(e.g. women, people with disabilities, animals, seniors, youth)		

For the types of groups you selected as your top 3, can you identify any issues you would like to help solve or prevent?

Group Type:

Issues of interest:

4) Prioritize Your Volunteering Goals

Of all the benefits to volunteering, identify which ones are most important to you by prioritizing them from 1-10 (1 being most important):

- Develop Skills _____
- Build a better society _____
- Gain work experience _____
- Explore career options _____
- Develop a job-finding network _____
- Gain self-confidence _____
- Learn to market myself _____
- Discover my strengths _____
- Build a sense of independence _____
- Expand my social circle _____

If you would like to be more specific, write a volunteering goal statement below.

5) Being Realistic About Your Commitments/Limitations

List all the activities you are currently committed to and what days/times during the week they take up (e.g. school, hobbies, teams, family outings, groups, lessons, etc.):

Activity:

Days/Times:

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Aside from your current commitments, list any other situations or issues that could restrict your ability to work in certain positions (e.g. access to transportation, having to pay some out of pocket expenses, touchy situations you would rather avoid, etc.):

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