



# 5 Reasons to Volunteer

**#1**

**Volunteering is linked to academic achievement.**



Students who do voluntary community service and are civically engaged were 19 percentage points more likely to graduate from college than those that did not.

**#2**

**Volunteering connects you to others.**



It is a way to meet new people and make new friends and grow your social network.

**#3**

**Volunteering is good for your mind and body.**



It enhances self-confidence, fights depression by preventing social isolation, and helps you get active.

**#4**

**Volunteering can help you advance in life.**



It can be beneficial to your resume and career by providing experience and can teach and practice new skills.

**#5**

**Volunteering can be fun and fulfilling.**



Giving back by helping others can be an enjoyable experience. It can also create a sense of purpose and builds pride for your community.

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