

## Volunteer Self Assessment

Each organization we work with has a unique set of skills and time commitments required of their volunteers. Following is a list of questions to help you decide if volunteering is right now. Remember that volunteering is a commitment. It is important to find the right place to make that commitment.

1. Often people with good intentions are just too busy to volunteer. Individuals may have the desire to help but are unable to follow through with their commitment. **Do you have room in your life for another commitment?**
2. Our organizations are seeking volunteers who are responsible and reliable. Many operate on a Monday-Friday, 8am-5pm schedule. Few offer opportunities on weekend. **Is your schedule flexible enough to accommodate this commitment?**
3. Many opportunities require that you complete orientations and trainings before beginning volunteering. Some jobs will require the completion of multiple courses before you can begin volunteering. **Are you willing to take the necessary training in a timely manner?**
4. Volunteering involves working with people of different ages, socio-economic, sexual orientation, cultural, racial, ethnic, religious and educational backgrounds. **Are you comfortable working with people who are different from yourself?**
5. Typically, the individuals who have been and continue to be successful volunteers possess certain skills/characteristics. **Do you consider yourself good at:**
  - Time management
  - Teamwork
  - Communication
  - Taking Initiative
  - Working in stressful situations?

Thanks for taking the time to complete this assessment! If you answered yes to these five questions we encourage you to take the next steps to become a volunteer by [clicking here](#) for a list of open volunteer opportunities.