ACTIVITY WORKBOOK

Community Involvement

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RIGHT TRACK EDUCATIONAL SERVICES

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WHERE TO LOOK

CITY/COMMUNITY EVENTS

- [ ] ELECTIONS
- [ ] SPORTS EVENTS
  - ROGERS CUP TENNIS
  - CANADIAN OPEN GOLF
- [ ] STREET FESTIVALS
  - TASTE OF THE DANFORTH
  - UKRANIAN FESTIVAL
- [ ] LOCAL MUSEUM/GALLERY

SAVE THE PLANET

- [ ] PARKS CLEANUP
- [ ] PARK RANGERS
- [ ] NATURE CONSERVATORY

PROTECT ANIMALS

- [ ] HUMANE SOCIETY
- [ ] LOCAL ANIMAL SHELTERS

HELPING OTHERS

- [ ] FOOD BANKS
- [ ] HABITAT FOR HUMANITY
- [ ] RE-STORE
- [ ] GOODWILL
- [ ] MEALS ON WHEELS
- [ ] OUT OF THE COLD FOOD SERVICES
- [ ] PARKS AND RECREATION
- [ ] HOSPITALS AND REHAB CENTRES
- [ ] SENIORS LIVING/RETIREMENT HOMES
- [ ] MEDICAL RESEARCH & CHARITIES:
  - RED CROSS, ALZHEIMERS SOCIETY, BREAST CANCER, JDRF, UNITED WAY
- [ ] SENDING SUNSHINE
  - SEND CARDS TO SENIORS
- [ ] LIBRARIES
  - TEACH READING, READ TO OTHERS, TUTOR
- [ ] DAYCARES & BEFORE/AFTER SCHOOL PROGRAMS
- [ ] YMCA

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WHERE TO LOOK

SCHOOL STUFF

- [ ] PEER TUTORING
- [ ] ATHLETICS
  - SCORE KEEPERS
  - TEAM MANAGERS
- [ ] OUTDOOR EDUCATION
  - CAMP LEADERS
- [ ] PERFORMANCE/TECH CREW

NEIGHBOUR CARE

Check with your Guidance Department to make sure these hours are eligible & will be approved!

- [ ] YARD WORK
- [ ] SHOVELLING
- [ ] CHILD CARE
- [ ] PET CARE
- [ ] HOUSESITTING

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TO-DO's

Get your 40 hours done as soon as possible.

RECOMMENDED:

Begin volunteering as early as the summer before Grade 9 and finish your hours no later than the first day of Grade 12.
Any hours completed after your Grade 8 graduation count towards the 40 hours. (provided they align with your school/Board's activities categories).

Choose opportunities that will help you grow.

Look for opportunities that will grow your skill sets, help you discover things you're interested in, and develop self-confidence and self-awareness.

Make sure the job fits your school's and Board's requirements.

Some positions and jobs aren't accepted as community involvement hours by some schools and Boards. Make sure the activities you choose are eligible before you commit your time.

Make sure you get your paperwork signed.

Don't let time get the best of you! Ensure your volunteer forms are signed by your supervisor(s) as soon as possible.

Submit your hours.

Submit your community involvement hours by form to your Guidance Counsellor as soon as possible. Don't wait until the last second! Make sure to confirm they're complete on your MyBlueprint.ca profile, or other Guidance & diploma program used by your school.

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community involvement HOW-TO's

students only

Brainstorm.

Think of workplaces, causes, and roles you would like to contribute to.

The Internet is your best friend.

Search online for places and contacts in your community. Use key words in search engines. Don't be afraid to reach out to contacts online!

Choose opportunities that help you grow.

Think about the skills you want to develop. If you have a specific interest for your future (such as medical or veterinary school), then look for roles in those contexts. This is a great opportunity for real-world exposure.

Apply online for volunteer roles if some exist.

If the application is easily available online, then apply!

If not, reach out to see who can help you by email and by phone. When you speak to a contact, ask them if there are any volunteer roles available. Tell them how you can help.

"Hello, my name is _____ and I am a Grade ___ student at _____. I am interested in your _____ and wonder if you have any opportunities available for volunteers. I can contribute to your organization/workplace/cause because I _____ . My skills include _____. I have experience in similar roles: _____ ."

Follow up

Follow up by email and/or phone within a few days. Be gracious and thank the contact person for their consideration

Do this for 3-5 places!

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WHEN YOU GET THE JOB

- Do an AMAZING job. Perform at your best. You worked hard for this!

- Make sure you get a reference from your supervisor. Not just a signature on your Community Involvement Activities forms.

  You will need references for future jobs and post-secondary applications, so start building your references list!

  Don't leave this workplace without the contact information of your supervisor(s) for your future references.

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