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## Final Reflection Paper

I have had the opportunity to volunteer for the last several weeks. I had never really volunteered before, so I knew that this was my opportunity to do some community service to help others. I have found through the experience that I really like to volunteer, so in the near future I will probably volunteer on my own, rather than doing it for a class.

Doing service projects is a great way to get involved with the community. There are always people and businesses looking for help, and it is usually easy to find a way to help. When I had to do volunteer services for psychology, I was excited because I had never really volunteered for a long period of time. It was very interesting, because it actually made me feel like a better person for helping someone in the community.

I volunteered at the Manchester Church of the Brethren Preschool. I chose that place, because I am an education major, and I thought that it would help me be able to work with children. I love working with children every chance that I can. While I was volunteering/observing, I learned many things that involved psychology. Psychology obviously relates to human's, so it was neat to put it into a different perspective, because I got to look at 4 and 5 year olds, to see how the subjects that we were recently discussing in class, pertained to them particularly. Children learn very quickly, at a young age so I had a great opportunity to see that first hand. It was neat to relate all of the things I learned in class, to the actual students I was observing.

I thought that 10 hours of volunteering was a perfect amount of time. It gave us enough time to actually get to know that people we were volunteering for, but it was not so long, that it took forever. I started my volunteering hours as soon as I could, so that way I knew I would have plenty of time to complete them.

My family has always influenced me to become a better person, and volunteering really fits into that category. As I continue to get older, I now know that helping others really makes you feel better about yourself. People that volunteer in the community have really influenced me, because many times it is people in my family, friends, or acquaintances. These influences have changed because I know that when I volunteer I am only doing good for others, and it also reminds me that I should not be so selfish sometimes. They influence me because I know that when I help others out, it brightens up their day, and they really enjoy getting help from somebody else that cares about them. There have been many influences that help me realize that volunteering can only help others.

Volunteering only betters a person. I know from other experiences that volunteers really make a difference in people's lives. Volunteering is something that everyone should want to do, and the benefits are a great part too. I have learned through my church family different ways to feel "needed" on this earth, and one of those ways is to help others. I have learned about Karma, within the last couple of years, and I truly believe in it. What goes around, comes around. So I think that if you are only putting good deeds out there, then eventually someone or something will do good deeds in return.

I feel motivated to do activities and different events that have to do with people. I particularly like younger children, but I am a people person, so anything that I can connect with helps me enjoy doing things. Helping out with children is a must, because later on in life I am

going to be working with children as a career. Not everyone likes to work with children, so if we get the people that do, they feel more satisfied themselves. When trying to find a job, people look for volunteering experience, because that just shows them that you care about helping others, and you take time out of your life to do so. These are very important motivators.

I recently just volunteered for Relay For Life. Throughout my life I have known many people that have cancer and other diseases. I feel that to help this was the least that I could do. I donated some money to put towards a fund. As well as walked with a group to show that cancer never sleeps. This was very important to me. I also do volunteer babysitting. Since, I enjoy working with children, this is an easy way to get to work with them. When families only go out for a couple of hours, they usually call me, because typically I do not make them pay, because I enjoy their children so much.

In high school I did many volunteer activities. I was involved with many different clubs and sports. Usually through those we would have to raise money and volunteer our time to do something. For example with Marching Band, we would go to different counties, and do our show for them if they asked. For cheerleading, we would do a mini-cheer clinic, which we taught little children chants, and cheers. I had many other opportunities that I did volunteer work in high school as well.

The most recent thing I have done at Manchester College is Relay For Life. I described what I did earlier, which I participated in the walk and raising money. I just finished volunteering in Introduction to Psychology class, which I volunteered at Manchester Church of the Brethren. I really enjoyed that, because I got to work with children. I am looking forward to volunteering for many more things in my upcoming years at Manchester.

Overall, I feel that volunteering only betters yourself, and it helps others. It is a great way to support a community as well as meet new people, and to help out others. I feel that everyone should volunteer, and for something that they are passionate about. I am glad I got the chance to volunteer, because I feel better about myself knowing that I helped others, and I look forward to many more opportunities.