Valuing Volunteer Work & Learning

- Reflect upon your volunteer experience. Recognize all that you’ve learned and demonstrated.
- Check (√) the knowledge, skills and abilities, attitudes and values related to your experience.
- Note additional learning, skills and qualities that you acquired through your volunteer work.

### A. Knowledge

<table>
<thead>
<tr>
<th>Accounting principles</th>
<th>Conservation</th>
<th>Exhibit preparation</th>
<th>Pollution problems</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coaching</td>
<td>Crisis intervention</td>
<td>Indigenous history</td>
<td>Program evaluation</td>
</tr>
<tr>
<td>Community development</td>
<td>Event planning</td>
<td>Intercultural leadership</td>
<td>Website design</td>
</tr>
</tbody>
</table>

Additional Knowledge: ____________________________________________________________

### B. Skills & Abilities

<table>
<thead>
<tr>
<th>Clerical</th>
<th>Communication</th>
<th>Creative/Innovative</th>
<th>Financial</th>
<th>Helping</th>
</tr>
</thead>
<tbody>
<tr>
<td>Compile</td>
<td>Address</td>
<td>Conceptualize</td>
<td>Administer</td>
<td>Assess</td>
</tr>
<tr>
<td>Monitor</td>
<td>Edit</td>
<td>Create</td>
<td>Analyze</td>
<td>Assist</td>
</tr>
<tr>
<td>Organize</td>
<td>Engage</td>
<td>Design</td>
<td>Audit</td>
<td>Collaborate</td>
</tr>
<tr>
<td>Process</td>
<td>Motivate</td>
<td>Envision</td>
<td>Budget</td>
<td>Empathize</td>
</tr>
<tr>
<td>Record</td>
<td>Promote</td>
<td>Propose</td>
<td>Project</td>
<td>Facilitate</td>
</tr>
</tbody>
</table>

Management
- Assign
- Coordinate
- Decide
- Prioritize
- Resolve

Physical
- Apply
- Check
- Construct
- Operate
- Renovate

Research
- Analyze
- Evaluate
- Propose
- Solve
- Survey

Service
- Advise
- Answer
- Explain
- Receive
- Serve

Teach
- Adapt
- Coach
- Communicate
- Develop
- Instruct

Technical
- Compute
- Design
- Program
- Test
- Upgrade

Additional Skills & Abilities: ____________________________________________________________

### C. Attitudes

<table>
<thead>
<tr>
<th>Adaptable</th>
<th>Conscientious</th>
<th>Energetic</th>
<th>Organized</th>
<th>Persuasive</th>
<th>Respectful</th>
</tr>
</thead>
<tbody>
<tr>
<td>Analytical</td>
<td>Diligent</td>
<td>Independent</td>
<td>Outgoing</td>
<td>Positive</td>
<td>Tactful</td>
</tr>
<tr>
<td>Assertive</td>
<td>Efficient</td>
<td>Innovative</td>
<td>Patient</td>
<td>Reliable</td>
<td>Thorough</td>
</tr>
<tr>
<td>Confident</td>
<td>Empathic</td>
<td>Motivated</td>
<td>Personable</td>
<td>Resourceful</td>
<td>Trustworthy</td>
</tr>
</tbody>
</table>

Additional Attitudes: ____________________________________________________________

### D. Values

<table>
<thead>
<tr>
<th>Achievement</th>
<th>Creativity</th>
<th>Helping</th>
<th>Learning</th>
<th>Risk</th>
<th>Self-expression</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advancement</td>
<td>Decision Making</td>
<td>Interaction</td>
<td>Movement</td>
<td>Routine</td>
<td>Structure</td>
</tr>
<tr>
<td>Challenge</td>
<td>Development</td>
<td>Knowledge</td>
<td>Recognition</td>
<td>Safety</td>
<td>Support</td>
</tr>
<tr>
<td>Collaboration</td>
<td>Diversity</td>
<td>Leading</td>
<td>Responsibility</td>
<td>Security</td>
<td>Variety</td>
</tr>
</tbody>
</table>

Additional Values: ____________________________________________________________

Adapted from:

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