Volunteering: What does it show about you?

- Reflect upon your volunteer experience and recognize all that you’ve learned and demonstrated.
- Review and check (✓) the examples below that apply to you. Add new ones too!

A. Knowledge

Accounting principles ☑  Conservation ☑  Exhibit preparation ☑  Prairie history ☑
Coaching team sports ☑  Crisis intervention ☑  Intercultural leadership ☑  Program evaluation ☑
Community development ☑  Event planning ☑  Health promotion ☑  Website design ☑

B. Skills and Abilities (verbs)

Clerical ☑  Communication ☑  Creative/Innovative ☑  Financial ☑  Helping ☑

Clerical: Compile ☑  Monitor ☑  Organize ☑  Process ☑  Record ☑
Communication: Address ☑  Edit ☑  Engage ☑  Motivate ☑  Promote ☑
Creative/Innovative: Conceptualize ☑  Create ☑  Design ☑  Envision ☑  Propose ☑
Financial: Administrator ☑  Analyze ☑  Audit ☑  Budget ☑  Project ☑
Helping: Assess ☑  Assist ☑  Collaborate ☑  Empathize ☑  Facilitate ☑

Management ☑  Physical ☑  Research ☑  Service ☑  Teach ☑  Technical ☑
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 ☑

C. Attitudes (adjectives)

Adaptable ☑  Conscientious ☑  Energetic ☑  Organized ☑  Persuasive ☑  Respectful ☑
Analytical ☑  Diligent ☑  Independent ☑  Outgoing ☑  Positive ☑  Tactful ☑
Assertive ☑  Efficient ☑  Innovative ☑  Patient ☑  Reliable ☑  Thorough ☑
Confident ☑  Empathic ☑  Motivated ☑  Personable ☑  Resourceful ☑  Trustworthy ☑

D. Values

Achievement ☑  Creativity ☑  Innovation ☑  Learning ☑  Risk ☑  Self-expression ☑
Advancement ☑  Decision Making ☑  Interaction ☑  Movement ☑  Routine ☑  Structure ☑
Challenge ☑  Development ☑  Knowledge ☑  Recognition ☑  Safety ☑  Support ☑
Collaboration ☑  Helping ☑  Leading ☑  Responsibility ☑  Security ☑  Variety ☑

Adapted from:
Conference Board of Canada (2016). Innovation Skills 2.0 (www.conferenceboard.ca)