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Involvement in Service

Center for Leadership
and Service



Center for Leadership and Service

- The Center for Leadership and Service educates students through meaningful experiences designed to prepare socially responsible leaders to create positive sustainable change.



Benefits of Service

A great deal of research has been done on this subject, resulting in evidence for multiple kinds of benefits.

Highlight two:

- Mental/physical wellness
- Job skill development



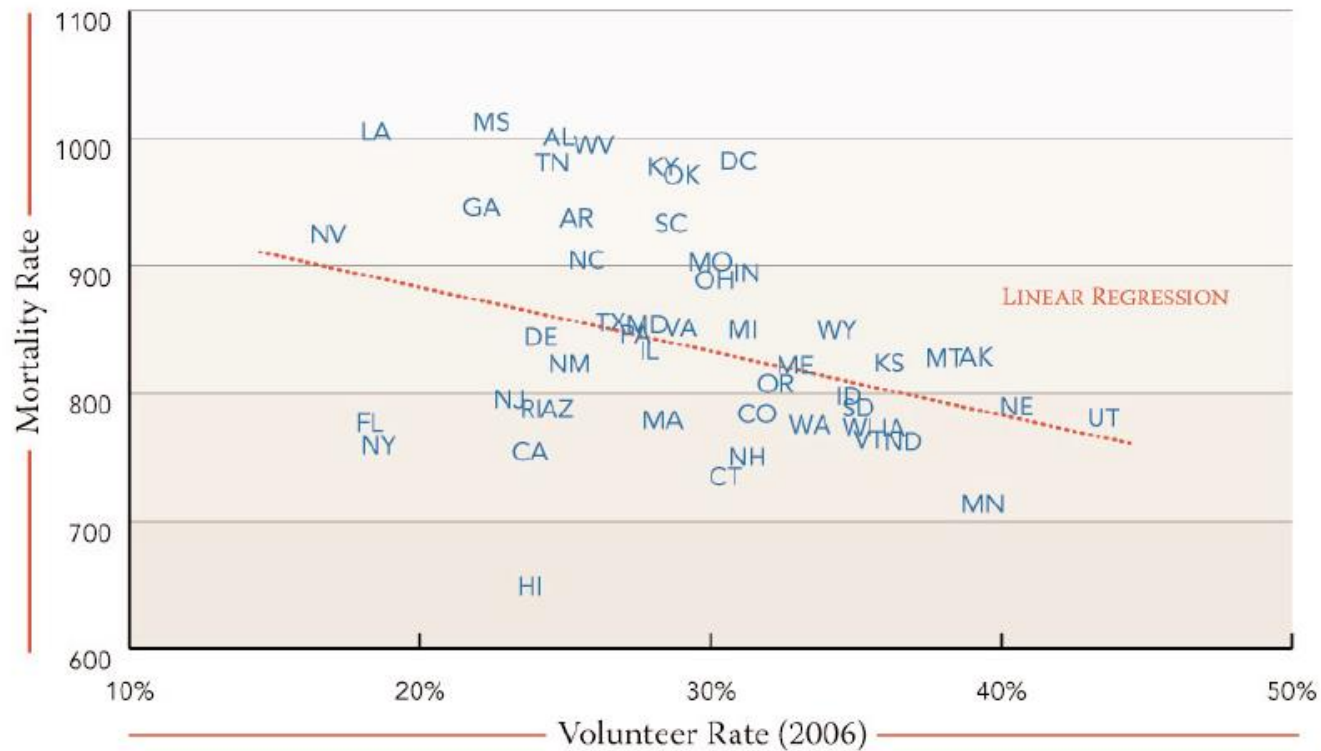
Mental/Physical Wellness

Studies prove that service:

- Lowers mortality rates
- Adds greater functional ability
- Lowers rates of depression

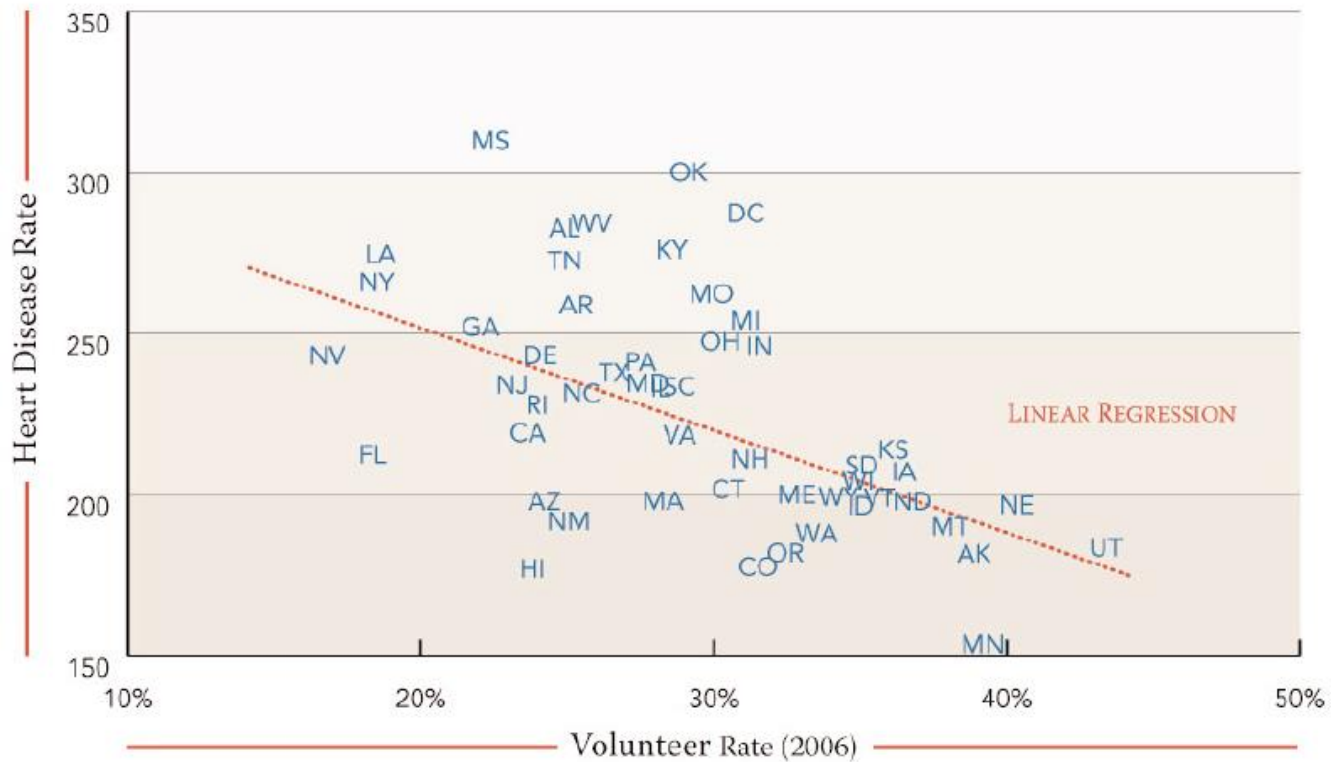
Mental/Physical Wellness

2006 VOLUNTEER RATE VS. AGE-ADJUSTED MORTALITY RATE



Mental/Physical Wellness

2006 VOLUNTEER RATE VS. AGE-ADJUSTED INCIDENCE OF HEART DISEASE





Mental/Physical Wellness

Studies prove that service:

- Lowers mortality rates
- Adds greater functional ability
- Lowers rates of depression



Job Skills

Studies show that volunteering:

- Increases an individual's networks and connections
- Increases an individual's experience or useful education, skills, and training.
- Helps to create a positive impression in a competitive job market.

Job Skills

Figure 1. Social and Human Capital as Mechanisms of Volunteering as a Pathway to Employment





Common Barriers & Solutions

- Time
- Family

Table. Mean Scores and Rankings of Perceived Obstacles*

Obstacles	All	Full-time Workers w/kids	Newcomers	Low income (≤ 20,000)	Non-High School Graduates
Inflexible work schedule or inadequate child care	2.18 (1)	2.51 (1)	2.37 (1)	1.83 (5)	1.94 (4)
Lack of information/not knowing how to begin	1.90 (2)	1.93 (2)	2.10 (2)	2.09 (2)	2.22 (2)
Concerns for safety	1.81 (3)	1.76 (3)	1.90 (3)	2.21 (1)	2.43 (1)
Feeling you cannot make a difference	1.66 (4)	1.64 (4)	1.74 (4)	1.89 (4)	2.08 (5)
Feeling unwelcome	1.56 (5)	1.56 (5)	1.65 (6)	1.79 (6)	1.88 (6)
Inadequate transportation	1.56 (6)	1.50 (6)	1.70 (5)	2.03 (3)	2.15 (3)

Source: 2000 Social Capital Community Benchmark Survey database, at the Roper Center for Public Opinion Research. Calculations done by author. Scale: No obstacle = 0; Not at all important obstacle = 1; Somewhat important obstacle = 2; Very important obstacle = 3. *Numbers in parenthesis refer to item ranking for the specified group.



Opportunities to Serve

- CLS Events
 - Participate in days of service
 - Be a mentor to K-12 Youth
 - Attend a Gator Global Initiative- Grad track
 - Take on a leadership role:
 - Serve as a small group facilitator for conference
 - Serve as a site leader for days of service
- Nonprofits/Schools
 - Offer your area of expertise to a nonprofit or school
 - Conduct community based research in conjunction with a nonprofit