Involvement in Service

Center for Leadership and Service

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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

[Graph showing the relationship between volunteer rate and heart disease rate across different states, with a linear regression line indicating a negative correlation.]
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.
Figure 1. Social and Human Capital as Mechanisms of Volunteering as a Pathway to Employment

- Professional contacts
- Durable networks
- Employment leads
- Social relationships

Volunteering → Increased Social Capital → Employment

Increased Human Capital

- Knowledge
- Skills, abilities
- Leadership opportunities
- Work experience
Common Barriers & Solutions

- Time
- Family

Table. Mean Scores and Rankings of Perceived Obstacles*

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

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