Looking for ways to gain experience in your major or career field? Some organizations are not able to hire interns or part-time employees, so they rely on volunteer staff to perform many of their day-to-day functions. Volunteer work can be an excellent way to gain insight and experience in certain fields. Volunteer positions are especially prevalent in the social work, non-profit, and health care industries, although there are opportunities in other areas as well.

**GAINING EXPERIENCE**

- Join a research team on campus
- Join a student organization
- Engage in community service or service learning programs
- Arrange a job shadow
- Conduct informational interviews

**BENEFITS**

- Make important networking contacts
- Learn or develop valuable skills
- Experience personal growth
- Build your self-confidence and self-esteem
- Boost your résumé
- Explore new career paths
- Develop new friendships and acquaintances
- Make a positive impact on others

**SEARCHING ONLINE**

To search for a volunteer position, visit the following websites:

**A Way with Words and Numbers.** As a part of the federal America Reads and America Counts programs, A Way with Words and Numbers offers both graduate and undergraduate students at MU the opportunity to help children master the basic skills of literacy and math. [http://career.missouri.edu/index.php/a-way-with-words-and-numbers](http://career.missouri.edu/index.php/a-way-with-words-and-numbers)

**Jumpstart.** MU students join Jumpstart to provide one-on-one assistance to preschool children to help increase that child’s opportunity for success. [http://career.missouri.edu/index.php/jumpstart](http://career.missouri.edu/index.php/jumpstart)

**Office of Undergraduate Research.** The office of Undergraduate Research helps MU students find research opportunities on campus, many of which are offered on a volunteer basis. [http://undergradresearch.missouri.edu](http://undergradresearch.missouri.edu)

**MU Office of Service Learning.** The University Office of Service Learning provides MU students with community service opportunities in Columbia agencies while earning academic credit. [http://servicelearning.missouri.edu](http://servicelearning.missouri.edu)

**MU Office of Community Involvement.** The Office of Community Involvement hosts a searchable volunteer database called MU Serves where you can search for one-time and long-term volunteer opportunities. [https://muserves.missouri.edu](https://muserves.missouri.edu)

**The Org.** The Org will connect you with service-minded student organizations on campus. [http://getinvolved.missouri.edu](http://getinvolved.missouri.edu)

**University of Missouri YMCA.** The University YMCA offers a variety of community service volunteer opportunities centered on the needs of youth. [http://uymca.students.missouri.edu](http://uymca.students.missouri.edu)

**Voluntary Action Center.** The Voluntary Action Center is a local agency providing community-wide volunteer coordination to help individuals get involved and make a difference. [http://www.vacmo.org](http://www.vacmo.org)

**Volunteer Match.** Volunteer Match helps individuals find nearby volunteer agencies and opportunities. [http://www.volunteermatch.com](http://www.volunteermatch.com)

**Go Columbia MO.** The City of Columbia offers a variety of local volunteer options. [http://www.gocolumbiamo.com/Volunteer](http://www.gocolumbiamo.com/Volunteer)

*The MU Career Center is here to assist you with career and major exploration, job search preparation, or after college planning. Come by the Career Center or visit our website at [http://career.missouri.edu](http://career.missouri.edu), and a Career Specialist would be happy to help you!*