

# transitions

the Project MYSELF issue

Volume 12

## Project MYSELF Volunteer Assignment

### Your Step-by-Step Guide to Volunteering

#### Greetings!

Thank you for selecting to be a volunteer! As a recipient of the New Jersey Foster Care (NJFC) Scholarship and a participant of Project MYSELF, you are required to volunteer 20 hours of your time per semester at an agency of your choice. This bulletin will provide you with all of the information that you need to find an opportunity that you will enjoy and show you how to get credit for the time that you spend volunteering.

Finding a volunteer opportunity is easy. Inside this bulletin you will find websites and contact information for agencies that provide volunteer opportunities throughout New Jersey. Whatever your interests are, there are sure to be volunteer opportunities in your area that will give you a chance to give back to your community. Whether you are interested in healthcare, environmental protection or conservation, mentoring, animal care, community renewal or social service, you are sure to find an opportunity that is right for you.

To begin, refer to the "Getting Started" portion of this bulletin. Although you are responsible for finding and arranging your own volunteer opportunity, we have compiled some great resources that will help you. There are some great incentives too! The 3 Project MYSELF participants who complete the most volunteer services hours per semester will receive prizes! As always, the staff of Project MYSELF are available to support you throughout the whole volunteering process.

This bulletin also includes a "Project MYSELF Volunteer Service Documentation Form". You will have to provide this form to Project MYSELF once you have completed your volunteering. This will ensure that you get credit for the hours that you have volunteered and will enable you to remain eligible to receive funds through the NJFC scholarship program in the future. You will also find more information on government programs that offer long term volunteer opportunities both nationally and internationally. We hope that your volunteer experience is both fun and rewarding, and we wish you the best of luck!

Sincerely,

#### Project MYSELF Staff

Transitions for Youth  
Office of Professional Development and Research  
School of Social Work  
Rutgers, The State University of New Jersey  
(732) 445 0512 x 117



#### Project MYSELF Volunteer Service Documentation Form

Dear Agency Representative,

Thank you for providing a great volunteer opportunity to a participant of Project MYSELF. Our program requires that every participant documents his/her volunteer service hours in order to receive full credit for their involvement with your agency. Please complete the form below for your volunteer. You may be contacted by Project MYSELF staff to confirm the information provided.

Date: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Volunteer Name: \_\_\_\_\_

Volunteer Position (responsibilities): \_\_\_\_\_

Volunteer Start Date: \_\_\_\_\_ Volunteer End Date: \_\_\_\_\_

Total Volunteer Hours Performed During Period Specified Above: \_\_\_\_\_

Name of Volunteer's Supervisor: \_\_\_\_\_

Supervisor Phone: \_\_\_\_\_ Supervisor Email: \_\_\_\_\_

#### Completed forms are to be mailed or faxed to:

Project MYSELF  
Office of Professional Development and Research  
School of Social Work  
Rutgers, The State University of New Jersey  
100 Joyce Kilmer Avenue  
Piscataway, NJ 08854  
(732) 445 4154 (fax)

All documentation of community service hour(s) must be submitted within thirty (30) days of completing those community service hours. LATE DOCUMENTATION WILL NOT BE ACCEPTED.

#### Getting Started

If you have selected or been chosen to perform volunteer community service hours to fulfill your obligation to Project MYSELF, please follow these steps to ensure that you find a volunteer opportunity that interests you and get credit for the volunteer hours that you will perform.

##### Step (1) Find Volunteer Opportunities in Your Area

Go online and visit one or both of the websites listed below. You can search for volunteer opportunities in your area by zip code or opportunity type.

[www.volunteermatch.com](http://www.volunteermatch.com)  
[www.volunteersolutions.org](http://www.volunteersolutions.org)

If you don't see any opportunities that you are interested in on these websites, please contact the United Way, Volunteer Center or Red Cross Affiliate in your area. These organizations can help you find other opportunities. The contact information for these organizations is included in this bulletin. It is possible that your school may have a volunteer center as well.

##### Step (2) Find Out More Information

You will undoubtedly find several volunteer opportunities that are available in your area. Once you have done this, call the agency that is offering the opportunity directly. Ask to speak with the agency's "Volunteer Coordinator", or anyone who can give you more information about the opportunities that you are interested in. "Volunteer Coordinators" are specialists that will help you find volunteer opportunities that are in your area and match you interests. Once you get in touch with this person, you should explain the requirements that you are obligated to fulfill through Project MYSELF (20 service hours per semester), and you should ask he or she the following questions:

1. What exactly are volunteers required to do?
2. Are there a minimum or maximum number of hours that I must complete?
3. How can I sign-up for this opportunity?

##### Step (3) Volunteer your Time

After you have signed-up to participate in the volunteer opportunity of your choice, simply follow the instructions you've been given by the agency that you contacted.

##### Step (4) Document your Service

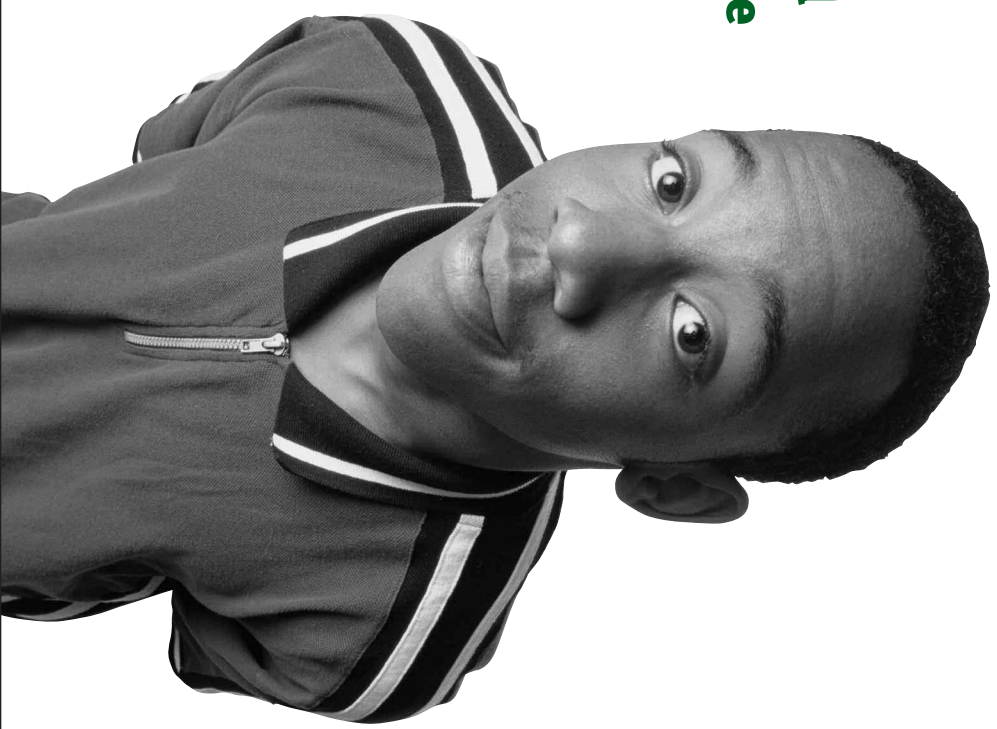
All volunteers must complete twenty (20) volunteer service hours per semester. We want everyone to get credit for volunteering, so please make sure that you have a supervisor at the agency through which you are volunteering complete the "Project MYSELF Volunteer Service Documentation Form" included on this bulletin. Completed forms are to be mailed or faxed to:

#### Project MYSELF

Office of Professional Development and Research  
School of Social Work  
Rutgers, The State University of New Jersey  
100 Joyce Kilmer Avenue  
Piscataway, NJ 08854  
(732) 445 4154 (fax)

All documentation of community service hour(s) must be submitted within thirty (30) days of completing those community service hours. LATE DOCUMENTATION WILL NOT BE ACCEPTED. Incentives for completing additional hours will be given. The participant that completes the most service hours per year will receive the following incentive:

- 1st Place: Laptop Computer
- 2nd Place: Digital Camera
- 3rd Place: MP3 Player



# Transitions



Office of Professional Development and Research  
 School of Social Work  
 Rutgers, The State University of New Jersey  
 100 Joyce Kilmer Avenue  
 Piscataway, NJ 08854-8045

**Welcome to the special Project MYSELF Volunteer Service edition of *Transitions*. Inside you will find:**

A step-by-step guide on how to complete your **volunteer obligation** for Project MYSELF.

A list of organizations that offer **volunteer opportunities** in every New Jersey county.

A form that you will use to document and get credit for your **volunteer service**.

Information on government programs that offer long-term **volunteer opportunities**.

## Volunteer Agencies Throughout New Jersey

- Atlantic County**  
 United Way Atlantic County  
 Volunteer Center  
 (609) 404.4483 x 19  
 American Red Cross:  
 Atlantic and Cumberland Chapter  
 (609) 646 8330 x 230  
 www.acredcross.org
- Bergen County**  
 Volunteer Center of Bergen County  
 (201) 489 9454  
 www.bergenvolunteers.org  
 Red Cross of Bergen & Hudson Counties  
 (201) 652 3210  
 www.redcrossbergenhudson.org
- Burlington**  
 Volunteer Center of Burlington County  
 (609) 984.9311 x 7492 or (609) 222.9311  
 www.volunteercenterburlingtoncounty.org  
 United Way of Burlington County  
 (609) 267.4500  
 www.uwburlington.org/volunteering.cfm  
 Red Cross of Burlington County  
 (609) 267.9595  
 www.redcrossbcnj.org
- Camden**  
 Volunteer Center of Camden County  
 (856) 663.9356  
 www.volunteercamdencounty.org  
 American Red Cross  
 Camden County Chapter  
 (856) 365.7100  
 www.camdenredcross.org
- Cape May**  
 United Way of Cape May County  
 (609) 729.2002  
 www.uwcmc.org  
 American Red Cross  
 Cape May County Chapter  
 (609) 465.7382
- Cumberland**  
 United Way of Cumberland County  
 (856) 205.1800  
 www.unitedwayccc.org  
 American Red Cross: Atlantic and Cumberland Chapter  
 (609) 646 8330 x 230  
 www.acredcross.org
- Essex / Hudson**  
 United Way of Essex & West Hudson  
 Volunteer Center  
 (973) 624.8300 x. 222  
 www.uwewh.org  
 United Way of North Essex County Essex  
 (973) 746.4040  
 The American Red Cross of Metropolitan New Jersey (Essex, Passaic, West Hudson)  
 (973) 797-3300 x 316  
 www.redcrossmetronj.org
- Gloucester**  
 Volunteer Center of Gloucester County  
 (856) 445.9084  
 www.gloucestercountyvolunteers.org  
 American Red Cross of Gloucester County  
 (856) 256.8300  
 www.arccgloucesterco.org
- Hudson**  
 United Way of Hudson County  
 (201) 434.2625  
 www.unitedwayofhc.org  
 Red Cross of Bergen & Hudson Counties  
 (201) 652-3210
- Hunterdon**  
 United Way of Hunterdon County  
 Volunteer Center  
 (908) 782.3414  
 www.uwhunterdon.org
- Mercer**  
 United Way of Greater Mercer County  
 (609) 637.4909  
 American Red Cross of Central New Jersey  
 (609) 951.8550
- Middlesex**  
 United Way of Central Jersey  
 Volunteer Center  
 (732) 247.3727  
 www.uwvcj.org
- Monmouth & Ocean**  
 Volunteer Center of Monmouth County  
 (732) 728.1927  
 www.volunteermc.org
- Sussex**  
 United Way of Sussex County  
 (973) 579.3040  
 www.sussexunitedway.org  
 American Red Cross of Sussex County  
 (973) 579.1600  
 www.sussexredcross.org
- Somerset**  
 Somerset County United Way  
 Volunteer Center  
 (908) 253.6503  
 www.somerstonline.org  
 American Red Cross: Greater Somerset County Chapter  
 (908) 725.2217  
 Somerset County Office of Volunteer Services  
 (908) 704.635  
 www.co.somerset.nj.us
- Union**  
 United Way of Greater Union County  
 (908) 353.7171  
 www.uwgucc.org  
 Tri-County Red Cross  
 (908) 756.6414 x 21  
 www.tricountyredcross.org
- Warren**  
 United Way of Warren County  
 (908) 689.2755  
 www.unitedwayofwc.org  
 American Red Cross of Northwestern New Jersey  
 908-475-2770  
 www.northwestnjredcross.org

## Government Programs That Offer Long-Term Volunteer Opportunities

**Peace Corps**  
 The United States Peace Corps has been operating since the early 1960's. The focus of The Peace Corps projects is to provide aid to developing countries. To date, The Peace Corps has sent over 187,000 volunteers to work on initiatives in 139 countries in Central and South America, the Caribbean, Africa, Asia, Eastern Europe and Central Asia, the Middle East and the Pacific Islands.

Unlike smaller, domestic volunteer programs, The Peace Corps requires that volunteers commit to 27 months of full-time service. During this time, volunteers live in the communities they serve, and work on programs that vary from education, youth outreach, community development, business development, agriculture and environment, health, HIV/AIDS and information technology. The Peace Corps provides volunteers with a living allowance that enables them to live in a manner similar to the local people in their community. The Peace Corps also provides complete medical and dental care, covers transportation costs and provides reasonable monetary compensation to volunteers after they have concluded their service.

Joining The Peace Corps is a serious commitment, and the application process takes an average of 9 months. 93% of volunteers have 4-year college degrees, and the average age of volunteers is 28. Although volunteers are able to select their preference as to what geographic region they would like to serve, there is no guarantee that they will end-up in their area of choice. To find out more information about The Peace Corps, visit their website at: [www.peacecorps.gov](http://www.peacecorps.gov)

**AmeriCorps**  
 Often referred to as "the domestic Peace Corps", AmeriCorps is a network of local, state, and national service programs that connects more than 70,000 Americans each year in intensive service to meet critical needs in education, public safety, health, and the environment. AmeriCorps members serve nonprofits, public agencies, and faith-based and community organizations. AmeriCorps offers volunteer opportunities in the areas of tutoring and mentoring disadvantaged youth, fighting illiteracy, improving health services, building affordable housing, teaching computer skills, cleaning parks and streams, managing or operating after-school programs and helping communities respond to disasters.

Joining AmeriCorps is a serious commitment, and service obligations typically last between 10-12 months. Full-time members who complete their service earn a Segal AmeriCorps Education Award of \$4,725 to pay for college, graduate school, or to pay back qualified student loans. Members who serve part-time receive a partial Award. Some AmeriCorps members may also receive a modest living allowance during their term of service. To find out more information on AmeriCorps, visit their website at: [www.americorps.org](http://www.americorps.org)

## Peace Corps