

Mentoring makes you feel great.



Sharing your knowledge with others may be one of the greatest gifts you can give, and it can make a real impact on your well-being too. By volunteering your time and unique talents, you could be making a tremendous difference in the lives of many people. From helping adults learn to read to tutoring kids in math, the opportunities to give back are almost endless. Imagine opening an entire new world for someone. There is no greater feeling than knowing that, when you give back, you are making the community better for generations to come. You can start today by visiting VolunteerMatch. Bursting with thousands of options for volunteering, this comprehensive site is dedicated to pairing people with their volunteer interests. It's your chance not only to help create a healthier community, but also to help create a healthier you.

The National Right to Read Foundation estimates that 42 million American adults can't read at all.

Another 50 million are unable to read at a higher level than is expected of a fourth or fifth grader. The statistics are very sobering. The time has come to change that. By volunteering to help adults to become literate, you change lives. From reducing crime to elevating people out of poverty, teaching an adult to become literate has unquestionably far-reaching benefits.

If it's more of a numbers game for you, we've got just the answer.

The need is greater than ever to help our kids excel in an increasingly competitive global economy. Many see math as the key to all our futures. But, according to the Third International Mathematics and Science Study (TIMSS), fourth graders in the United States currently rank eighth internationally in mathematics proficiency. We can do better. By tutoring kids in math, you'll help them gain the critical skills they'll need to become successful in a new world.



It could be as simple as sharing your love of art with seniors.

Volunteering to start up an art program at a senior center is a great way to build new relationships, while creating something beautiful. Imagine helping our aging population see the world with a fresh set of eyes. What could be more rewarding?

Education, literacy and mentoring are powerful ways to change a community for the better. But did you know it can also have a powerful, positive effect on your well-

being? It's true. Recent research showed that nine in ten seniors who volunteer (87%) believe they are aging well, compared to 78% of seniors who do not volunteer. What are you waiting for? You have so much to offer.

So you may be asking, "How do I get started volunteering and mentoring?" Below, you'll find some tips, questions and links to help find the right opportunity for you.

Some volunteering suggestions:

- Help adults learn how to read.
- Tutor kids in math.
- Head up an art program for seniors.
- Teach English as a second language.
- Work with teens in the GLBT community.
- Become a classroom volunteer.
- Help out at your local library.

Is this opportunity for you?

Some questions to ask yourself:

1. What expertise can I bring to this effort?
2. Do I have the patience needed?
3. Can I speak in front of a group?

Visit dogoodlivewell.org to start sharing your talents with others today.

You may also wish to visit:

- **Boys & Girls Clubs of America (bgca.org)**
- **Big Brothers Big Sisters (bbbs.org)**
- **SCORE Counselors to America's Small Business (score.org/index.html)**
- **ESL Employment (eslemployment.com/articles/mentoring-for-new-esl-hires-428.html)**
- **ActionCOACH Business Coaching (actioncoach.com)**

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