



Finding your passion through volunteering

Chiara Blake, Thirada Boonrawd

Why Volunteer

Use volunteering
to find your
passion

Looks good on
your resume

Leadership &
teamwork
experience

Pre-med, Pre-
PA, Pre-PhD

Get to help
other people!

Different Ways to Volunteer

- ▶ NU works unpaid internships
- ▶ Research assistant on campus/in other colleges
- ▶ Fundraising/charity events
- ▶ Long term charity projects (PEAK awards, Honors awards)
- ▶ On campus clubs and organizations
- ▶ Volunteering directly with charity organizations

Volunteer Opportunities for Pre-Med/ Pre-Pa Students

- ▶ Typically there is a 100 volunteer hour recommended for medical school applicants
- ▶ Focus on volunteer opportunities directly related to medical school
 - ▶ Hospitals
 - ▶ New England Baptist Hospital (Mission Hill) - (617) 754-5173 – Volunteer manager
 - ▶ Mount Auburn Hospital (Cambridge) - (617) 499-5016 – Volunteer department
 - ▶ Fenway Health (Fenway) - development@fenwayhealth.org
 - ▶ Brigham and Women's Health (Longwood) - bwhvcas@partners.org
 - ▶ Dana Faber Cancer Institute (Longwood) - volunteerservices@dfci.harvard.edu
 - ▶ Charities
 - ▶ Boys and Girls Club of Boston - <https://www.bgcb.org/volunteer/#opportunities>
 - ▶ Partners for youth with disabilities - <https://www.pyd.org/get-involved/>
 - ▶ East Boston Neighborhood Health Center - <https://www.ebnhc.org/en/about-us/giving/volunteer.html>
- ▶ Health Equity Peer Education and Service Volunteer Match - <https://www.volunteermatch.org/>

Volunteer Opportunities for Pre-PhD Students

- ▶ Volunteer as a research assistant
- ▶ Volunteer to do bench work
- ▶ Reach out to your professors and ask if they would like any help with projects they are carrying out
- ▶ Being a TA

Opportunities Available on Campus

- ▶ On campus labs
- ▶ Community service clubs
- ▶ Other clubs with community service opportunities
 - ▶ COSSDAC!
 - ▶ Art clubs and cultural clubs have charity fundraisers
 - ▶ Honors societies
- ▶ Programs with community service opportunities (PTP)

Get the Most Out of Volunteering

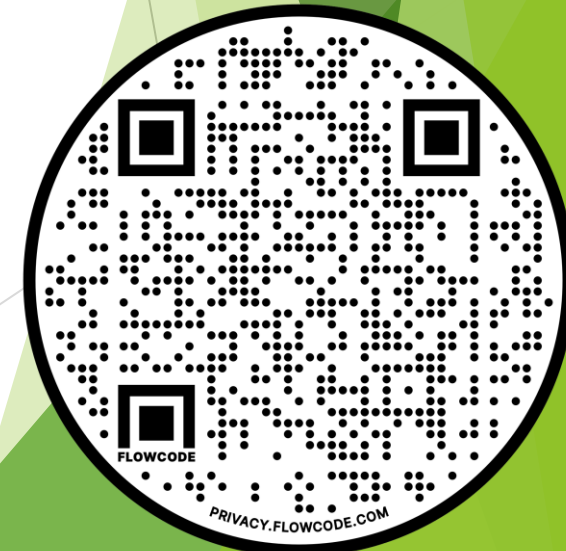
- ▶ Reflect on what you liked and didn't like
 - ▶ Use that to figure out your career path
- ▶ Long-term volunteering
 - ▶ More time spent = more things to do and learn
- ▶ Take on a leadership role
 - ▶ Looks good on your resume
 - ▶ Build transferable skills
 - ▶ Make a bigger impact
- ▶ Always keep looking for more opportunities!

Ways to get involved on Campus

The background of the slide is white with abstract, overlapping green geometric shapes on the right side. These shapes include triangles and polygons in various shades of green, from light to dark, creating a modern, layered effect. A thin, light gray line also runs diagonally across the lower right portion of the slide.

Stem Power

- ▶ **STEMPower** is a program wherein COSSDAC students engage with local underrepresented high school students through lessons and activities taught directly in the classroom through a partnership with John D. O'Bryant School of Mathematics.
- ▶ **Committee Leader**
 - ▶ Create a curriculum based on a general topic for each grade level
 - ▶ Work in teams of 2 on the curriculum
 - ▶ Develop the overall structure of the class and work o budget allocation
- ▶ **Mentors**
 - ▶ carry out instruction with students
 - ▶ keep students engaged with course material
- ▶ If interested fill out this application



Dream

Directing Through, **R**ecreation, **E**ducation, **A**dventure and **M**entoring.

- ← **Our mission:** To close the opportunity gap for kids in low-income housing
- ← **What we do:** Build mentor-mentee relationships between Northeastern students and kids in the Orchard Gardens community. We provide experiences and relationships for both mentors and mentees to learn and grow from.
- ▶ Two different sectors - Orchard Gardens and Madison Park (around Roxbury)
- ▶ Group Programming
 - ▶ Park games, Ice Skating/Roller Skating, Escape Rooms, New England Aquarium, Cooking Classes, Halloween Parties, Franklin Park Zoo
- ▶ One on one programming
 - ▶ Going to the Esplanade, Making Slime, Movies, Adventures around Boston, Barbequing
- ▶ Regional Adventures
 - ▶ Trips to Camp DREAM in Vermont



@dreamorchardgardens

@madisonparkdream

@the.dream.program

Health Disparities Student Collaborative

- ▶ A public health and health equity-focused club dedicated to educating others and creating awareness about health disparities through action in the Boston area, the United States, and worldwide.
 - ▶ Have focused on issues such as maternal health and trans* health disparities.
 - ▶ Had speaker events on the Affordable Care Act and Disparities relating to Disability!
 - ▶ Partake in food and clothing drives, as well as supporting those in senior living housing
 - ▶ Bi-Weekly meetings



@hdscneu

More Info

