## San Diego Mesa Serves

## Volunteer Interest Inventory Form

Complete the **Volunteer Interest Inventory Form** to help you decide what type of service is most appropriate for you

**Part 1.**

***Check or circle activities you would enjoy doing.***

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Play with a cat | Pack food baskets | Teach first aid | Read to kids | Work a crisis hotline | Repair homes | Fix hair for elderly woman | Play catch with a preschool kid | Clean up a park | Accompany refugees to various appointments | Help drive ex-military | Sort food at a food bank |
| Feed birds | Organize clothes | Help teach bike safety | Help kids learn English | Plan activities for residents’ children | Enter data on a computer | Take disabled kids to a park | Build a model rocket with small children | Plant a tree | Tutor someone in basic English | Help at a VA hospital | Help out at events and food  banks |
| Give a dog a bath | Sort toys | Teach AIDS awareness | Tutor a child in math | Help sort clothes | Answer phones | Escort foreign students at school | Teach kids to canoe | Help at a water treatment plant | Help prepare for job interviews | Be a mentor to a veteran | Deliver meals to the hungry |
| Feed baby squirrels | Wrap presents | Teach babysitter first aid | Supervise homework | Organize activities for residents | Paint walls | Help transport elderly | Coach softball | Count ducks for wildlife agency | Help organize cultural orientations | Help with registering for college | Organize a food drive |
| Teach dogs obedience | Organize donated books | Teach swimming | Help a child in a library | Host workshops and fundraisers | Organize volunteers | Shop with a person in a wheelchair | Supervise a field trip | Collect a pond sample | Help write grants | Greet troops | Organize activities for kids |
| Walk a dog | Set up bed for homeless | Give an anti-smoking talk | Teach an adult to read | Create safety signs | Stuff envelopes | Write someone a letter | Make puppets | Work in a recycling plant | Mentor refugee families or individuals | Serve meals to veterans | Distribute clothing |
| Give a rabbit a shot | Make hygiene kits | Teach fire safety | Teach keyboarding | Prepare meals for residents | Make phone calls | Make snacks with mentally ill | Camp with kids in wheelchairs | Guide a nature walk | Help with publications of newsletters | Contact veterans | Serve meals at a shelter |
| Raise a guide dog | Serve meals | Be a lifeguard | Help a child write poetry | Help with Daycare | Take inventory of  supplies | Make photo album with elderly | Play cards with kids in hospital | Check trees for diseases | Contact potential employers | Help write grants | Prepare bedding for shelters |

**Part 2.**

Write down the number of checks or circles you marked in each column.

\_\_\_ Column 1 (animals)

\_\_\_ Column 2 (families and homelessness)

\_\_\_ Column 3 (health)

\_\_\_ Column 4 (mentoring and education)

\_\_\_ Column 5 (women’s/gender issues)

\_\_\_ Column 6 (philanthropy/ general service)

\_\_\_ Column 7 (age/special needs)

\_\_\_ Column 8 (child and youth support)

\_\_\_ Column 9 (environment/ global issues/ sustainability)

\_\_\_ Column 10 (refugees/ international)

\_\_\_ Column 11 (social service/ veterans)

\_\_\_ Column 12 (hunger/ poverty)

**Write down your top three areas.**

1.

2.

3.

**If you have a special interest or talent you would like to use to help, list it here.**

**Use this information to get started with your service learning project!**