



*"We make a living by what we get, we make a life by what we give."*

Winston Churchill  
The Forbes Book of Business Quotations

## VOLUNTEERS NEEDED... ARE YOU ONE?

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The Empowerment Center is a 8 year old nonprofit organization working to help empower the community at large. The Center has recently started a NEW Outreach Program designed for the people by the young people. Our volunteers will have a variety of tasks and assignments to choose from: food pantry, youth building/mentorship, tutoring, career building, distribution of information, workshops, and community programs/forums, just to name a few.

### **Why Should I Make Time to Volunteer?**

Students have a responsibility to work to improve their local community. Service is a tremendous way to develop lasting relationships and learn that each of us has the potential to make a dramatic difference in the world. Volunteer assignments hone leadership skills and provide opportunities to interact with people from different backgrounds.

Graduate schools and employers often look for volunteer participation on their resumes since it is an indication of a balanced experience. At the end of the day, there is no better feeling than knowing you have made a difference—and at The Center, you can!

### **How to receive up to 8 credits?**

The CPSP was established in the early 1970's. It provides the opportunity for undergraduate students to serve in the community, reflect on their service and receive college credit. It offers students 3 courses: **RSSW 291** – 60 hour service commitment, **RSSW 290** - 100 hour service commitment and **RSSW 390** - 100 hour service commitment. RSSW 291 & RSSW 290 are graded pass/fail. RSSW 390 is an upper-level course that has a social justice framework and more rigorous academic content. It is graded A-E. Students may take each of our courses one time. The CPSP does not place students at organizations; they are responsible for developing their own service experience.

For a copy of the course syllabus and/or course forms please visit the CPSP website:

<http://www.albany.edu/cpsp/main/forms.html>

CPSP contact information: [sstevens@albany.edu](mailto:sstevens@albany.edu)

*"Using the word of God to move people forward"*

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## Registering with The Empowerment Center

Registration begins now. This process is simple and easy. Please know your class, work, and extracurricular activity schedules so you can accurately list your availability for volunteering.

### What is required to volunteer?

- Sincere desire to provide service to the community
- Commitment to volunteer for the amount of hours you sign up for
- Complete and return a Volunteer Application form
- Schedule an interview. Once your application form is received, the Volunteer Office will call you to discuss your interests and availability.

If you are interested, please email: [volunteer@empowermentctr.org](mailto:volunteer@empowermentctr.org)

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