

Why Volunteer?

Volunteering is a great way to develop skills and meet new people. Volunteering through the VWMS gives you the chance to:

- Add to your CV
- Improve your employment and postgraduate prospects
- Develop key skills that employers are looking for
- Explore your academic content in a real life context
- Obtain a certificate for your Career Portfolio
- Obtain a work based reference
- Get a taste of working in a particular sector or role
- Become eligible for the *Student Leaders* programme
- Experience a new challenge and have some fun!

Volunteering can be very rewarding in itself and many students continue beyond the required 12 weeks.

Why not get in touch to find out whether volunteering is right for you!

Contact

If you're not still sure if volunteering is right for you, why not get in touch for some more information or to discuss your options? You can take away some leaflets, think through your options and then decide whether or not to go ahead.

For further information and to become involved in the scheme, please contact:

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Officer/Administrator**

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Voluntary Work & Mentoring Scheme



Information for Students



The VWMS

The Voluntary Work and Mentoring Scheme (VWMS) is run by the Division of Psychology within Glasgow Caledonian University. It aims to give all participating students the opportunity to take up relevant work experience within voluntary and educational organisations whilst you are studying.



What is required?

To take part in the VWMS, you are asked to volunteer in a helping or caring capacity for half a day a week for at least 12 weeks. This may be, for example, befriending, mentoring, advocacy, in a school or hospital, with a support group or a helpline etc.

In return, you will receive full training and support, as well as expenses in most circumstances.

Who can I volunteer with?

You can volunteer with almost any voluntary or educational organisation that can provide relevant experience along with ongoing training and support.

To date, students have volunteered with organisations supporting a wide range of people, depending on their own particular areas of interest. Current organisations linked to the scheme work with various groups of people, some of which include:

- People experiencing mental health problems
- People with learning or physical disabilities
- People with acquired brain injury
- People with epilepsy
- People with autism or Asperger's Syndrome
- Children & young people
- Older people
- Refugees
- People affected by crime or being called as witnesses
- People who are carers

Relevant Modules

You do not have to take part in the VWMS and it is not an assessed part of your degree programme.

However, there are two related optional modules, Level 2 Work & Psychology and Level 4 Psychology Related Work Experience. If you are considering taking the L4 module, which provides academic credit for reflection on voluntary work, you can access the VWMS to help you find a suitable opportunity.

Student Feedback

"I am currently volunteering and really enjoying it and would recommend it to other students as it is very rewarding."
– **Psychology student**

"My involvement in voluntary activities has boosted my confidence immeasurably. I have had the opportunity to meet a lot of new people and develop skills I never really knew I had." – **Social Sciences student**

"I was interested in so many different aspects of Psychology that I had no idea where to start but since then I have managed to narrow it down...that is the benefit of voluntary work." – **Psychology student**

