



Walking to class over the beautiful Loyola bridge

“It also assists in building a robust support network that can open doors for you that you can’t open on your own.”



Resume is the first step to success

Make the Choice By Carter Blackburn

It's likely you have volunteered in some shape or form. Maybe working a food drive through a high school club. Perhaps volunteering at the local soup kitchen. Or even just collecting litter on the side of the road. While we are all on different ends of the spectrum when it comes to service, the feeling it formulates is unforgettable: that bubbly, joyful sensation that erupts inside of you when you serve someone in need. Nobody on earth has completed an act of service and not felt a sense of satisfaction and happiness within themselves; it's simply impossible. It doesn't matter how much service you have participated in previously, the truth is that service in college is essential for success during and after your time here at Loyola.

Resume Booster

Flyers on the walls, weekly newsletters, or emails are all places you might find advertising for community service opportunities. Instead of just letting these opportunities blow over your head, take a moment and learn what service is about because it may change your life. There are many different opportunities available here at Loyola including group community service, classes, and social events.

Service during college will provide you with countless skills that will benefit you later on in life. Take a second and wonder to yourself *what do I want to do after college?* For some it's continuing their education through graduate school while for others it's joining the workforce. What do both of those options require to get a position? A resume. Acquiring a job post graduation will require you to build your resume and submit it to applications. The same process is true for post-graduate education. Kathy Caprino, a senior contributor at Forbes, writes about resumes and the importance of service within them. She advises, “Painting a full and compelling picture of who you are in totality, including what you care about...along with the types of outcomes you're excited to support, helps you land

thrilling roles. It also assists in building a robust support network that can open doors for you that you can't open on your own" (Caprino). As you can see, the business world uses the tools provided from community service every day. Completing service throughout college is one of the most impactful actions to ensure success during the application process and to boost your resume to new heights.

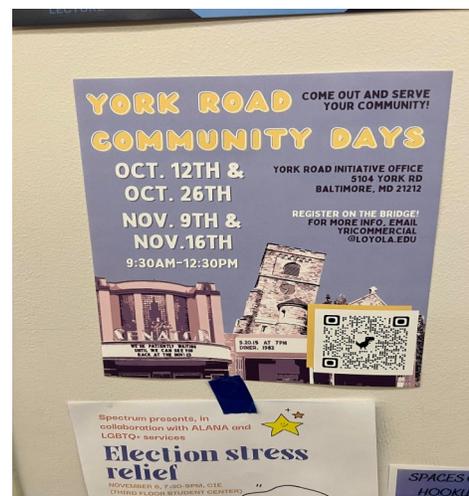
The "Helper's High"

Besides your resume, service will benefit you in many other ways. Remember that bubbly feeling described earlier?

Interestingly that's a chemical response triggered from helping others. In "Serving Others and Brain Health: The Neurological Benefits of Altruism," they note that "Dopamine is released in spades when you're being altruistic, creating what scientists call a 'helper's high.' It's like a natural euphoria, minus the questionable side effects. And the best part? The more you help, the more your brain craves it. It's a virtuous cycle of kindness, with your brain cheering you on every step of the way" (NeuroLaunch). This chemical experience happens within our bodies when we serve and it's another one of the many ways that service benefits us. This benefit is something that will automatically boost your attitude and mood no matter how rough of a day you're having. Service is a great way to manage stress and increase happiness.

In a writing class I'm currently taking, we have the opportunity to spend time at a local elementary school called Tunbridge, which is just five minutes down the road from Loyola. Students read books, play games, and interact with the young students there. My fellow classmate, Catelin Carnes, who is a Data Science student here at Loyola, speaks to how amazing of an experience this service opportunity has been for her: "I have really enjoyed spending time at Tunbridge in the aftercare program! Hanging out with the kids is two hours of pure joy in my week and I always look forward to it." This may not seem like a huge act of service in some people's minds, but, in reality, when

"Maturing and becoming a well-rounded individual is essential for success after college."



So many different service opportunities posted around Loyola like this one for York Road Service!

you serve like Catelin does at Tunbridge, it is truly the best part of your week. Everyone who participates in this specific act of service describes this same feeling and always feels more positive after spending time at Tunbridge.

Opportunities at Loyola

Volunteering also provides a golden opportunity to build connections and relationships that will potentially benefit you down the road. “Benefits of Community Service” elaborates on how community service can build connections by explaining, “Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests” ([WCSU](#)). Community service will throw you into situations with various types of people, but more importantly individuals who are strangers. This plants you in a prime situation to build new relationships and it's amazing because everyone shares the same goal: to serve others. Since everyone wants to serve, they are most likely great people to build relationships with. By putting yourself in service situations you will form new relationships which simultaneously will improve communication and public speaking skills. Overall, the relationships and skills that are created through service are unparalleled to most experiences that you partake in during your time at university.

Building for Success

Service is essential to success after your four years earning your degree. It will teach you so many life skills—the list is too long to put into words. Name a skill and community service will probably teach you about it. Service will boost your resume for post-grad success and build relationships to last a lifetime. Why would you ever make the choice not to participate in community service during college?



Grow your network through service.

“Volunteering gives you the opportunity to practice and develop your social skills building strong relationships for the future”



Students working together in class on a service project.