***Happy Athletic Training Month!***

This month we thought it would be a good idea for mentors and mentees to give back to the community by volunteering in whatever way they can or donating items to charity or local causes. We know not all mentors/mentees are in the same area so this may not be something you can do together, but if you can, great! After you volunteer, meet with your mentee/mentor to discuss how it went. Below are some ideas for volunteering and questions to lead a discussion. Have a great month!!

Here is a link to look for volunteer opportunities in your area : https://www.justserve.org/

A local blood drive

Boys and Girls Club

Local schools after school program

United Way

Community Spring Cleaning

YMCA

Ronald McDonald House

Donate Items to charity or local organizations

Discussion questions:

What did you do for your volunteer experience?

What was the positive and negatives of the experience?

Did you learn a new skill or clarify an interest?

How is this experience different than what you expected?

Did you have fun?