

Case study 3-Sarah

Sarah studied BA (Hons) Popular Music (2005-2009) and is now a secondary school probation teacher. She volunteered throughout her time as a student and continues to volunteer in her current situation. (November 2010) There are two main volunteering roles she carried(s) out on a regular basis:

- *Brownie Guide Leader* –Meeting weekly with local Brownie Pack, a group of 48 girls aged 7-11. As well as preparing activities every week she organised two weekend camps per year taking away up to 32 girls.
- *Forth Children's Theatre*– Local youth theatre company where a group of adult volunteers work with 40+ children ages 10-18 to put on two shows per year. Sarah worked in several roles over the years including Stage Crew, Vocal Coach, Musical Director and Director.

Skills developed

Personal skills

Volunteering built Sarah's confidence. From a social point of view she developed her network of contacts and made lots of friends. Gaining experience in different environments and under different types of pressures has increased her flexibility and tenacity. To become a classroom teacher, Sarah needed experience working with young people. Her volunteering gave her this.

Professional skills

With *Guiding UK* Sarah was able to do extra qualifications, for example, *Leadership Qualification* and *St. Johns Ambulance First Aid Training*. Sarah gained credits from these courses and used them as part of her degree in second year. These courses along with her volunteering are valued by her current employer. Once through her probation these qualifications will allow Sarah to enter the main pay scale at an advanced point.

People skills

Volunteering taught Sarah many skills that she uses daily in her teaching. These include:

- diplomacy, time and people management;
- presentation, communication and public speaking skills;
- problem solving skills and team work skills.

Sarah believes these skills can be developed from just a few hours of volunteering per week.

"These skills and experiences always generate interest and discussion with potential employers".