Volunteering and adult education in the East Bay

VOLUNTEERING

“Sharing your time and skills with people and organizations without expecting to be paid.”

(Alberta Learning Information Service)

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Doro, Katy & Satu
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Mercedes, Amrita, Laetitia; BSPPA

Image: http://cZportal.schoolwires.net/cms/lib04/Ttt01001392/Centricity/Domain/4140/VOLUNTEER.gif
Volunteering in the United States

• Highly valued
• Anyone can volunteer
• Volunteering activities may include:
  fundraising, tutoring or teaching, preparing or serving food, professional or management assistance, general office services, translating.

Sources: http://www.volunteeringinamerica.gov/
           www.miusa.org/ncde/comingtousa/
Benefits of volunteering

• Networking / Meeting new people
• Learning / Developing skills
• Enhancing your résumé
• Gaining work experience
• Building self-confidence
• Feeling needed and valued
• Making a difference in someone’s life
• Strengthening English skills

Source: http://www.unitedway.org/take-action/benefits-of-volunteering
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Volunteering at

• Animal Rescue Organizations
• Lawrence Hall of Science
• Berkeley Schools
• Berkeley Public Library
• Feeding Programs
• UC Botanical Garden
• Berkeley Art Center
Volunteer at Animal Rescue Organizations

- Contribute in saving animal lives.
- Meet new people and hang out with cute furry animals.
- Learn about animals, shelters, veterinary work.
- Get job opportunities.

- Dedicated to improving the lives of senior dogs by rescue, foster, adoption, and hospice.
- Provides information about caring for older dogs and support for people who do.

[http://www.mutttville.org](http://www.mutttville.org)
Volunteer at Animal Rescue Organizations

- Community-based, non-profit organization that promotes trap-neuter-return (TNR) to humanely reduce outdoor cat and dog populations in the San Francisco East Bay.
  [http://fittourferals.org/home/](http://fittourferals.org/home/)

- Provides complete care for homeless animals, from rescue to rehabilitation to placement, strengthening the human-animal bond and promoting the humane treatment of all animals.

Volunteers are needed in the following areas:

- **Dog Friend** - As a Dog Volunteer, you will provide exercise, practice walking on-leash, and off-leash play-time to the available dogs and puppies. You will learn how to socialize the dogs and promote good behavior, making them more adoptable.

- **Cat Friend** - As a Cat Volunteer, you will have the opportunity to offer your care and affection to our adoptable cats and kittens.
  [https://www.cityofberkeley.info/animalservices/](https://www.cityofberkeley.info/animalservices/)
Volunteer at the Lawrence Hall of Science

- Help kids with hands-on science activities at special events
- Excite a child's desire to learn math and science
- Assist instructors in classes and workshops

Benefits of being a Lawrence Hall of Science Volunteer

- Earn a family museum membership after 100 hours of service
- Visit the Lawrence Hall of Science without paying general admission or show fees

What type of commitment does the museum ask for?

- 4–6 hours per month for a minimum of 60 hours (3 of our 4 core opportunities requires 2 shifts and 6 hours per month).
- Interested? Find all the information here: www.lawrencehallofscience.org/get_involved/join_our_team/volunteer or call Verónica Urdaneta (510) 643-3849.
Volunteer at Berkeley Schools

Berkeley School Volunteers
• Every year Berkeley Schools Volunteers (BSV) places over 1,500 volunteers in classrooms, after school programs, and kitchens and gardens in Berkeley.
• BSV matches volunteers with teachers based on the needs and preferences of each party.
• BSV conducts regular orientations and provides excellent opportunities to interact with children.
https://www.berkeleypublicschoolsfund.org/volunteer/

This organization provides support to middle and high school students to improve their critical thinking and writing capabilities along with helping them complete their assignments. They also conduct regular orientations.

http://www.writercoachconnection.org/
Volunteer at Berkeley Public Library

- **Library Guides or Technology Helpers**, helping in any programmes organized by the library or in day to day activities.  
  [https://www.berkeleypubliclibrary.org/about/volunteer](https://www.berkeleypubliclibrary.org/about/volunteer)

- **Berkeley Reads**  
  literacy tutors for adults and family literacy programs.  
  [https://www.berkeleypubliclibrary.org/library/literacy-berkeley-reads](https://www.berkeleypubliclibrary.org/library/literacy-berkeley-reads)
Volunteer in feeding programs

Berkeley Food Pantry

• Volunteering for **distributing foods and groceries to homeless or low income families.**
• Prepare food displays, stock shelves, welcome guests, assist visitors to select food, pick up and deliver food, help with food drives, raise funds etc.  
  [https://www.berkeleyfoodpantry.org/](https://www.berkeleyfoodpantry.org/)

Berkeley Food and Housing Project

• Volunteering supports the most essential services for those who are **homeless or living on the edge of homelessness.**
• Volunteer Opportunities: Help in one of these: Community Meal, Dinner Service at our Women’s Shelter, Meal Prep at North County Women’s Center, Dinner at our Men’s Shelter and Other  
  [https://bfhp.org/get-involved/volunteer/](https://bfhp.org/get-involved/volunteer/)
Volunteer at UC Berkeley Botanical Garden

The UC Botanical Garden welcomes volunteers in most departments, helping with garden shop, special events, docent tours, plant propagation, garden maintenance.

http://botanicalgarden.berkeley.edu/volunteer
Volunteer at Berkeley Art Center

Berkeley Art Center

Helping with gallery setting, installation of arts, different events and interacting with the artists of Bay area.

Whether you are greeting visitors, entering data, installing artwork, or giving time and money as a board member, your services are invaluable.

http://www.berkeleyartcenter.org/#/getinvolved/
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Useful Websites

- **Bay Area Volunteer Information Center** provides information about volunteer opportunities in the San Francisco Bay Area. [http://www.volunteerinfo.org/](http://www.volunteerinfo.org/)

- **Volunteer Match** connects *volunteers with nonprofit organizations*. [https://www.volunteermatch.org/](https://www.volunteermatch.org/)

- **Yvonne Lefort’s Website**. Yvonne Lefort, MA, Career coach and intercultural trainer, has collected a number of excellent volunteering resources on her website. [http://yvonnelefort.net](http://yvonnelefort.net)
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Adult Education in the East Bay

Overview

- UC Berkeley Extension
- City College of San Francisco
- Berkeley Adult School
- Berkeley Public Library
- Free Online Classes
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UC Berkeley Extension

- Was founded in 1891 and belongs to the University of California at Berkeley.

- Offers more than 2000 courses each year, including online courses, along with 75 professional certificates.

- Has locations in Berkeley, Belmont, San Francisco and on UC Berkeley campus.

- $800 - 4000 per course
BSPPA monthly network meeting, March 8th 2018

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UC Berkeley Extension

Courses they offer:

- Art and Design
- Behavioral Health Sciences
- Business
- Construction and Sustainability
- Education
- Humanities and Languages
- Sciences, Mathematics and Biotechnology
- Technology and Information Management
- Writing, Editing and Technical Communication

https://extension.berkeley.edu
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City College of San Francisco

• 11 locations around the city of San Francisco

• Largest community college in the United States

• More than 50 educational programs

• Strong in Behavioral and Social Sciences, School of Health and Physical Education, School of International Education, Liberal Arts, Hotel and Restaurant Management.

• Costs: $46 per unit for California residents (a course is usually 3 units), $203 per semester for non-residents
City College of San Francisco

- They offer student counseling services.
- You don’t need a High School diploma.
- Many evening and weekend classes
- Non-credit courses
- Requires some flexibility of family organization (e.g. UC Berkeley fellow watches kids while partner takes courses).

https://www.ccsf.edu/
Berkeley Adult School

• This is a Public School for Adult Education
• Not primarily academic
• They offer the following courses:
  - English as a second language (very good!)
  - Math Forum
  - Medical / Health & Food Services
  - Computer and Career Training
  - Life Long Learning (people who are + 55y old)
    examples: meditation, ceramics
  - Adults with Disabilities
  - Community Education
    examples: Italian, Mandarin, Spanish
Berkeley Adult School

English as a second language:

Students must:
(i) Fill out a registration form.
(ii) Take a placement test.
(iii) Schedule a 3-hour orientation.

Registration can be done on Monday or Tuesday only, 8:00-10:30am or 6:00-7:30pm

There are special ESL classes (subject-specific)

Register online: http://bas.berkeley.net
Berkeley Adult School

How to sign up for a course:

- You can drop in for free to check out if you like a course!
- Spring schedule will start on April 9th.
- Sign up by phone or walk-in.
- We will upload their course catalogue to the resource page on our website: bsppa.berkeley.edu/resources

- Here is their course calendar:
  http://bas.berkeleyschools.net/for-students/school-calendar/

Costs: $30 - 100
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Go to the bulletin board on the basement floor where free courses and workshops are announced!

Five locations in Berkeley:

2090 Kittredge St. (at Shattuck);
2940 Benvenue Ave.;
1170 The Alameda;
1901 Russell St.;
1125 University Ave. (at San Pablo)

[Website Link] https://www.berkeleypubliclibrary.org/
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Free Online Courses

http://www.coursera.org

Take the world's best courses, online.

Join for free

[logos of universities and institutions]
Free Online Courses

• Top Specializations:
  Deep Learning, Google IT support, Python for everybody, Data Science, Applied Data Science with Python

• Every course is taught by professors from the world’s best universities.
• Courses are online and include video lectures, peer-reviewed assignments and community discussion forums.
• Receive a course certificate.

Costs: $29-99 per month
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THANK YOU!

Q&A