



Civil Air Patrol

VOLUNTEER SERVICE

Values for Living—Cadet Character Development Forum (For Online Delivery)

INTRODUCTION

Each Values for Living helps cadets explore a virtue from multiple angles and practice that virtue through a hands-on activity. The combination of analysis and practice helps cadets internalize the virtue so it "sticks" and stays with them beyond the end of the squadron meeting.

We all lead busy lives and sometimes struggle with packed schedules. Why would we want to volunteer in addition to the other demands that press in on our daily lives? **Volunteer Service**, one of CAP's core values, benefits both you and those you serve by positively influencing your community and making the world a better place for all.

PRECLASS CHECKLIST

Prior preparation is essential to success. Please prepare the following well ahead of time:

- Be familiar with and test the online software platform you will use for the meeting
- You might consider scheduling several sessions with fewer participants

Consult your wing IT Officer for conferencing resources the wing may already have in place.

This lesson is designed to be completed in 40 minutes if needed. Be aware that a free Zoom account allows a 40-minute meeting with up to 100 participants.

NOTE: Online group discussions will have a different tempo and may feel forced. Facilitators may choose to call on cadets to participate rather than asking for volunteers.

ATTENTION GETTER

LARGE GROUP FACILITATED BY CHAPLAIN/CDI/COMMANDER (5-10 MINUTES.)

Option 1: Multimedia

If you are using virtual meeting software, share this link with your participants and give them a few minutes to watch the video: https://www.youtube.com/watch?v=EEcm2_W8FH4

Option 2: Personal story

Share a story about what inspired you to become a volunteer and the positive effects it has had in your life. How has your volunteer service made a difference in the lives of others? What

kinds of rewards have you experienced? (Most rewards for volunteer service are intangible.)

Option 3: Current event

Share a current event (preferably within the past week) that illustrates the value of volunteer service in your community, your wing, or in another venue. Search for “volunteers and coronavirus” to find examples related to the current health crisis.

UNDERSTANDING THE DESIRED BEHAVIOR

ONLINE GROUP FACILITATED BY CHAPLAIN/CDI/COMMANDER (10 MINUTES.)

In this first discussion block, cadets will discuss volunteer service generally with specific reference to their own lives and experience. Begin the discussion with the following prompts.

- What's the nicest thing that a stranger ever did for you?
- Outside of CAP, how do you serve the people around you?
- What motivates you to volunteer your time and talent?
- How does your volunteer service benefit you?

Some cadets may struggle with the last prompt. Facilitators may ask leading questions to help cadets reach new insights. For example:

- How do you feel after volunteering?
- Have you learned anything from volunteering?
- What changes have you seen as a result of your volunteer service?
- If you weren't volunteering, what might you do with your time?

Volunteers feel more fulfilled, have a stronger sense of purpose, are happier, and have a lower risk of depression than those who do not volunteer. Investing yourself in volunteer activities is a win for everyone. It provides great benefits for those you serve, and you come away from the experience a better person.

APPLICATION OF THE BEHAVIOR TO THEIR LIVES

ONLINE GROUP FACILITATED BY CHAPLAIN/CDI/COMMANDER (10 MINUTES)

In this second discussion block, cadets will discuss volunteer service within the Civil Air Patrol. The questions are slightly more theoretical and probing.

- Our Core values are based on the Air Force's Core Values. Whereas the Air Force says, “service before self,” the Civil Air Patrol advocates “volunteer service.” What is the difference and why do you think CAP chose “volunteer service”?

- CAP describes its members as “professional volunteers.” How would you explain the difference between a *normal* volunteer and a *professional* volunteer?
- Think about the normal activities of our squadron. How do we—both cadets and senior members—become and remain “professional volunteers”?
- The current global health crisis has disrupted our normal activities. What opportunities do we have now to practice volunteer service or increase our professionalism?
 - Give the cadets ample time to brainstorm with this last question. A broad base of ideas will make the following activity much easier. If the cadets are stuck, here are some ideas to get the conversation moving:
 - Share Aerospace Education resources with young people now needing to conduct school at home.
 - Call a local hospital and inquire about volunteer opportunities.
 - Conduct online training, especially in Emergency Services. Also consider online portions of classes in First Aid and CPR.
 - Make social telephone calls to vulnerable persons needing to isolate themselves to prevent infections.
 - Ask parents and guardians about opportunities to serve (especially cadets with younger siblings).

ACTIVITY

LED BY ONLINE INSTRUCTOR (10 MINUTES.)

Action Plan of a “Professional Volunteer”

This activity asks each cadet to make a specific plan for practicing “professional volunteer service” during the current health crisis.

Each student should have a piece of paper and a pencil/pen.

- At the top of the page, write: “ACTION PLAN OF A PROFESSIONAL VOLUNTEER”
- Underneath the title, write the following sentence: “I AM A PROFESSIONAL VOLUNTEER AIRMAN IN THE CIVIL AIR PATROL.”
- Have the cadets write “I WILL SERVE” and then complete the sentence to describe who they intend to serve as a volunteer. This sentence answers the WHO of each cadet’s volunteer service. There are many opportunities to serve within our own families. Encourage cadets to think about people are especially vulnerable during the current health crisis and communities in need of services *after* the current crisis has passed.

- Below that sentence, have the cadets write “I WILL SERVE BY” and then complete the sentence to describe the things they intend to do. Encourage cadets to consider using the skills and resources received through Civil Air Patrol to serve their communities. This sentence answers the WHAT of volunteer service.
- Below that sentence, have the cadets write “I WILL PRACTICE PROFESSIONALISM BY” and then complete the sentence to describe specific behaviors that give meaning and a standard to their performance. This sentence answers the HOW of volunteer service.

As time allows, ask the cadets to share their proposed action plans with the group. You will be surprised by the creativity and ambition of tomorrow’s leaders! Facilitators should find something to praise in each proposal.

After several cadets have shared their proposals, ask the cadets to email their proposals to the person conducting the lesson (Chaplain, CDI, or Commander). Use these submitted proposals to track participation in the online lesson. At your discretion, share these proposals with the Deputy Commander for Cadets.

LESSON SUMMARY AND WRAP-UP

LARGE GROUP FACILITATED BY CHAPLAIN/CDI/COMMANDER (2 MINUTES)

The Chaplain or CDI should conclude the lesson with a summary, such as the following:

Tonight we’ve explored our core value of Volunteer Service. We’ve seen that volunteer service is a force multiplier: it meets the needs of others, benefits the volunteer, and makes the world a better place.

The current health crisis has brought new challenges for all of us. Through our discussion and activity, we’ve considered how these challenges can also be opportunities. After this lesson, you should have several ideas about how reach out of to those in need and better prepare yourselves as professional volunteers.

QUOTABLE QUOTES

“Service to others is the rent you pay for your room here on Earth.” — Muhammad Ali

“We make a living by what we get, but we make a life by what we give.” — Winston Churchill

“Only a life lived for others is worth living.” — Albert Einstein

“I believe that every human mind feels pleasure in doing good to another.” — Thomas Jefferson