

# About the Community Work Experience Award

Who is it for?

The log book is for any student who wants to know how to make the most of their volunteering experience and is interested in increasing their self awareness and reflective thinking.

What is it about?

The log book provides the working framework for the CWEA, you will work through exercises and be asked to think about questions which will begin the process of REFLECTION, and lifelong learning.

The award is made up of 3 work units:

**Unit 1:** The self-awareness exercises are designed to help you identify your existing strengths and weaknesses, giving you the chance to develop as you volunteer and progress through Uni.

**Unit 2:** Looks at how you can develop using your volunteering.

**Unit 3:** Will help you pull all of this together and summarise the skills and knowledge you have gained in your volunteering.

You will be able to write more articulate job applications and discuss your skills and experiences more readily at interview.

Using the log book

The log book is designed for you to work through before, during and after volunteering. It will help you to think about what you are doing in a more systematic way. This enables you to become more confident in knowing what you need to do and better able to assess how well you are doing.

You should work through each of the 3 units in the pack, completing the exercises as you go. The activities you need to do are identified by the pen symbols. Once completed, these will form part of the portfolio of evidence required for the assessment and certificate. There are 10 diary sheets to be filled in after 10 volunteering occasions. You can photocopy more sheets and attach them.

You must attend an Induction session when this pack will be given out and explained. After this you can work through the log book at your own pace, fixing an interim review date and then a final summary review with your CWEA Mentor, as a minimum of contact. You may want to volunteer for several months or for a whole year. There will be an Award Ceremony when you will be given your certificate at a celebration event!!

## Support Networks

This is a new scheme and we are all on a learning path, tell me how you want it to work and we can make it work for you. As your *CWEA* Mentor I am here to listen, discuss and encourage you as you work through the *Community Work Experience Award*.

You can also support fellow volunteers and work through the log book together.

*SCA* co-ordinator and your Project co-ordinators are another important source of advice and assistance.

Volunteer managers at your Project, if it is an external community organisation, will have specialised experience in supporting volunteers and are an important source of support and feedback.

## More Info

Copies of the log book are kept in the *SCA* office if you would like to have a look or pop in and ask Jess about it.