Pre-FHS Volunteer Opportunities

Pre-FHS Volunteer Opportunities with
Children, Adults and Families

In order to apply to the FHS major:

- You will need to have recent and relevant experiences that demonstrate your competence for work in human services.
- Preference will be given to candidates with at least 60 hours of experience, within the last 7 years, through an agency or organized activity.
- You will also need a letter of recommendation from a person who has directly observed or supervised you in a human services setting.
- Be sure that your volunteer or paid experience is long enough for your supervisor or organization coordinator to write a letter of recommendation for you.
- Students apply to the FHS major winter term of their sophomore year, so you will need to begin volunteering/working soon enough to gain the necessary experience and request a recommendation. You should plan to begin your volunteer or work experience no later than the summer between your freshman and sophomore years.

On this page, we have provided a list of opportunities and organizations that serve local children, adults and families. If you have any questions about the suitability of a volunteer opportunity, please email Christi Boyter, FHS Advisor, at cboyter@uoregon.edu, before you begin volunteering.

Practicing Professionalism for FHS Volunteer Opportunities:

1. Communicate with one contact person at a time.
2. Let them know that you are a Pre-FHS student. Do NOT merely state that you are an FHS student—this implies a different level of expectation for the coursework you’ve completed and your readiness for human service work.
3. After you confirm a volunteer position with agreed upon hours:
   - Complete any criminal background check if it is required of the organization.
   - Be on time and turn off cell phones during your volunteering.
   - Communicate with your supervisor in a professional manner.
   - Have a great time working with community members!