**Did you know?**

*Community service reduces stress. Much like exercise, it creates a sense of well-being.
*When focusing on someone or something else, it interrupts the person’s usual tension producing patterns.
*It’s a great way to meet people, make new friends, and service creates bonds.

Courtesy of EarthWorks Group

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**You CAN make a difference!**

UCR students and other organizations have been participating in multiple community service activities. They have participated in events such as, “Make a National Difference Day,” El Protector’s annual “Soccer Clinic,” and “Keep Riverside Clean and Beautiful.”

UCR Volunteers have the opportunity to get hours while at the same time gaining experiences that they can achieve nowhere else.

“Keep Riverside Clean and Beautiful is proud to announce that UC Riverside will be recognized as Organization of the Year for 2007,” Nancy Molendiz, KRCB

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**Community service tracking**

Want to note your community service hours with UCR?

Visit: www.deanofstudents.ucr.edu/community+service/community+service+tracking

Click on “Service Report” and fill in the blanks. It’s simple! So log in!

For further assistance you can also contact the Community Service Intern or the Student Development Educator at (951) 827-5000

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**How to get involved!**

Start by visiting: www.deanofstudents.ucr.edu

This website was created for UCR students as “one stop shopping,” for community services. On this site, UCR students can search for community organizations which are in need of volunteers. UCR students can also find out how to keep track of their community service hours with the university.

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“The best way to find yourself is to lose yourself in the service of others.”

-Gandhi

“Keep Riverside Clean and Beautiful is proud to announce that UC Riverside will be recognized as Organization of the Year for 2007,” Nancy Molendiz, KRCB

“In a world filled with violence, hatred, and suspicion, giving is an expression of faith, trust, and concern.”

-Douglas Lawson