



VOLUNTEER

January 23, 2018

# POST-SECONDARY VOLUNTEERISM: A SASKATCHEWAN BASED PROJECT

Technical Research Report Submitted to Special Olympics Canada: September 18th, 2017

Research prepared by:  
Dr. Cory Kulczycki - University of Regina  
Korinne Lott - Special Olympics Saskatchewan  
Haley Rutherford - University of Regina

This 2017 research aimed to address a gap in the academic literature about provincial and national volunteers, specifically targeting the niche population of college and university students studying across Saskatchewan.

Volunteers are invaluable to non-profit organizations and events. Special Olympics Saskatchewan was used as an example of a non-profit organization that requires and uses volunteers within its programming. Like many non-profit and/or volunteer organizations, the sustainability and 'lifeline' of the organization is highly dependent on long-term, committed, and invested volunteers.

An online survey was distributed throughout Saskatchewan to uncover post-secondary students' perceptions and experiences about volunteering. Post-secondary students were the focus of the study, as they are predicted to hold a significant role in the future of volunteerism.

## MOTIVATIONS

'I volunteer because I feel it is important to help others'

'I volunteer because I can do something for a cause that is important to me'

'I volunteer because I can learn how to deal with a variety of people'

## CONSTRAINTS

'I have a limited budget'

'I have too many other commitments'

'I am unaware of opportunities to volunteer'

Funding was provided through the Special Olympics Canada Research Funding Project. In addition, we acknowledge the financial support of the Government of Canada

## THE RESULTS

109  
PARTICIPANTS



### LIKELY VOLUNTEER ORGANIZATIONS

- ⇒ Non-Profit
- ⇒ Sport
- ⇒ Human Services

### BEST RECRUITMENT METHOD

- ⇒ Interactive Promotion & Personal Stories

### REASONS TO CONTINUE TO VOLUNTEER

- ⇒ Making a Difference in Someone's Life
- ⇒ Helping Others
- ⇒ Enjoyment
- ⇒ Being Useful

### HOW TO ENCOURAGE REPEAT VOLUNTEERING

- ⇒ Acknowledgement & Recognition
- ⇒ Creating a Positive Experience
- ⇒ Appropriate and Respectful Treatment

For more information, please visit: [specialolympics.ca/saskatchewan](http://specialolympics.ca/saskatchewan)

University  
of Regina

Special  
Olympics  
Saskatchewan

