VIP Program Handbook

3rd Floor of the University Centre | UC-3011
Memorial University of Newfoundland
St. John’s, Newfoundland

Tel: (709) 864-4301

svb@mun.ca | vip@mun.ca
www.mun.ca/volunteer
Facebook, Twitter, Instagram: @SVBMUN
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The VIP Program

Who it’s for:

VIP stands for *Voluntary Intentional Progress*, and is a multi-level program for all Memorial students who want to take responsibility for their own growth and development as thriving individuals.

You don’t have to be a superstar or a saint, you just have to be willing to show up and take an interest in yourself!

How it works:

At every level, the VIP Program requirements are organized into three categories – GIVE, GROW, and GAIN – which represent the three pillars of the program: Volunteer Service, Career Development, and Self Awareness.

Every VIP Participant starts by working toward their Bronze Level, which is designed to be achievable by any student. Once you’ve completed Bronze, you can move on to Silver if you like – and, if you really love volunteering, you can tackle Gold and even Platinum! – but even earning one VIP Level will help you make progress toward your goals.

How do I take part in the VIP Program?

1. **Register online** for Bronze, Silver, and/or Gold at [https://crm.stuaff.mun.ca/events](https://crm.stuaff.mun.ca/events)

2. **Complete the work** on your own time over the course of the semester.

3. **Submit the forms** before the last day of classes!
**Student Volunteer Bureau:**

**Mission, Vision, and Values**

**Mission:** The Student Volunteer Bureau exists to give Memorial students a platform to promote volunteerism, to support students in their self-development, and to create a community of #MUNVolunteers.

**Vision:** Aligning with (a) Memorial Student Life’s goal of empowering students to connect, engage, and belong and (b) MUN Students’ Union’s goal to unite all undergraduate students, the SVB aims to become a household name within the Memorial and St. John’s communities while weaving volunteerism into the essential fabric of the MUN student experience.

**Values:**

*Responsibility* – We believe all individuals have the power, and thus the responsibility, to intentionally set and work toward goals with both personal and collective benefits.

*Support* – We believe students should always feel supported by a community of their peers, and that communities can count on students to contribute their support as volunteers.

*Teamwork* – We believe every individual has something positive to contribute to any situation, organization, or community and that collaboration can transform tiny plans into big triumphs.

*Authenticity* – We believe in being honest, genuine, and transparent in all endeavours.

*Respect* – We believe in offering respect to all individuals and organizations we work with, without prejudice or contingency.

*Growth* – We believe learning is a lifelong mission and that volunteering can provide an ongoing source of transformative learning experiences for people through all stages of life.
VIP Program Guidelines

Who is eligible?
Anyone is eligible to register for the VIP Program, as long as you have a Memorial student number and you’re registered for classes in either during the semester you complete your VIP Level(s) or the semester before you complete your VIP Level(s).

How much time do I have?
All VIP requirements must be completed during the semester in which you’re applying. The Gold Level is the only exception; it can be completed in one semester, or split over two consecutive semesters. Students can complete a maximum of two levels per semester.

What if I’m not sure if I can do it?
It’s not uncommon for students to register for a VIP Level and then find out they’re unable to take part in the program – and that’s ok! There’s no penalty for registering for a level and then not completing it.

Many of our SVB staff and volunteers had to register for a level more than once before they finished it! We understand that students have many commitments to balance.

More questions? Read through the Handbook and take a look at our FAQ section! If you’re still unsure about something, come visit us at UC-3011 or email svb@mun.ca. We’re happy to help 😊
**GIVE: Volunteer Service**

This is the core of the VIP Program! We believe there’s a valuable volunteer experience out there for every MUN student, and the VIP Program is helps to encourage more students to give volunteering a try.

**What counts as Volunteer Service?**

Just like being employed can mean anything from collecting trash to cashing cheques, there are MANY different ways to volunteer! For the purposes of the VIP Program, volunteering means giving your time to an organization or cause without receiving financial or academic compensation.

**Where do I volunteer?**

You can volunteer with any organization or event, or any combination of organizations or events, to reach the total number of hours for the level you’re completing. If you need help finding a volunteer position you can browse the listings on our website or come visit us at UC-3011 weekdays from 10am-4pm.

**How do I keep track of my hours?**

It’s a good idea to keep your own records of the volunteer work you do. For the VIP Program, you will need a signed VIP Organization Form for each organization/event you volunteer with. It needs to be completed by you and signed by someone who can verify your volunteer work.

**Volunteer Service Learning Outcomes**

Through participating in volunteer service, each VIP Participant should be able to...

<table>
<thead>
<tr>
<th>Bronze</th>
<th>Silver</th>
<th>Gold</th>
<th>Platinum</th>
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</thead>
<tbody>
<tr>
<td>Describe how/where to find volunteer opportunities.</td>
<td>Identify volunteer positions that fit with their strengths.</td>
<td>Articulate a personal definition of volunteerism and identify the impact of their personal volunteer experiences in their own life.</td>
<td>Support others in sharing how their own experiences have contributed to their personal definition of volunteerism.</td>
</tr>
</tbody>
</table>
GROW: Professional Development

This is your chance to learn from other leaders! We believe every MUN student should aim to become a lifelong learner, and professional development is a great tool for achieving that.

What counts as Professional Development?

Basically, we consider an activity professional development as long as you are learning something that will help you grow and develop in some way. The person facilitating the session generally has some level of expertise that they are sharing with you.

What are some ways to fulfill this requirement?

If your volunteer position involves a training session, that’s one of the most common ways to satisfy the personal/professional development requirement – but there are many other ways! We often recommend the career-related workshops offered by Career Development & Experiential Learning (CDEL), on the fourth floor of the University Centre. However, feel free to pursue anything that interests you: a public academic lecture at the university, a community-organized information session, a free tutorial from the library about Microsoft Office or Adobe products – the options are endless!

How do I keep track of my hours?

For the VIP Program, there is a specific Personal/Professional Development Form. It needs to be completed by you and signed by someone who can verify your attendance at the session.

Professional Development Learning Outcomes

Through participating in professional development, each VIP Participant should be able to...

<table>
<thead>
<tr>
<th>Bronze</th>
<th>Silver</th>
<th>Gold</th>
<th>Platinum</th>
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</thead>
<tbody>
<tr>
<td>Understand the concept of experiential learning and how self-directed learning can be used.</td>
<td>Identify how their strengths and experience contribute to their lifelong personal and professional development.</td>
<td>Develop confidence in their strengths.</td>
<td>Support others on their personal and professional development journeys.</td>
</tr>
</tbody>
</table>
GAIN: Self Awareness

This is the part of the program where you learn more about yourself and your role in the community! We believe every MUN student has unique strengths they can contribute to their communities.

What is involved in this component of the VIP Program?

For GIVE (Volunteer Service) and GROW (Professional Development), students can complete the program requirements however they choose. The GAIN (Self Awareness) component of the VIP Program is administered by us, the SVB! There are different requirements at each level, but the main feature of this program component are the SVB ThinkTanks.

What is an SVB ThinkTank?

Formerly known as Reflection Sessions, an SVB ThinkTank is a chance for you to get together with other program participants and take part in lively discussion. SVB ThinkTanks are hosted by VIP Platinum Participants, who have been through the other levels and are ready to take a leadership role within the VIP Program. They are scheduled by the SVB and take place at various times on campus after the first month of the semester. Each participant only needs to attend one ThinkTank for each level they complete; Platinum Participants need to host two ThinkTanks as part of their program requirements.

What are the other requirements of this component?

At the Bronze and Silver Levels participants need to complete a Self Inventory, which is done via email. We send an invitation to the email address you registered with, and there are two parts (one done near the beginning of the semester, and one near the end). At the Gold Level, students need to solicit a reference letter from someone who can speak about their volunteerism; the letter should comment on the participant’s leadership skills and community involvement.

Self Awareness Learning Outcomes

Through participating in SVB ThinkTanks, each VIP Participant should be able to...

<table>
<thead>
<tr>
<th>Bronze</th>
<th>Silver</th>
<th>Gold</th>
<th>Platinum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Articulate how volunteerism could make an impact in the community.</td>
<td>Identify how their strengths have been used to make an impact in the community.</td>
<td>Develop confidence in their ability to both make an impact in their community and to help others do so.</td>
<td>Support others to understand and identify the ways they can impact their community.</td>
</tr>
</tbody>
</table>
Bronze Level

It all starts here! Everyone who participates in VIP starts at the Bronze Level before they can ascend through the rest of the program. We believe we’ve made VIP Bronze achievable for any and every student – provided you have ~25 hours to dedicate to the program during the semester you apply. As an introduction to VIP, the Bronze Level is meant to kickstart your self-development by giving you a glimpse of volunteerism, professional development, and the power of reflection.

<table>
<thead>
<tr>
<th>GIVE (Volunteer Service)</th>
<th>20 hours</th>
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<tbody>
<tr>
<td>GROW (Professional Development)</td>
<td>1 hour</td>
</tr>
<tr>
<td>GAIN (Self-Awareness)</td>
<td>1.5 hours (Schedule found at <a href="http://www.mun.ca/volunteer">www.mun.ca/volunteer</a>)</td>
</tr>
<tr>
<td></td>
<td>0.5 - 1 hour (Bronze Self-Inventory will be sent to VIP Bronze Participants via email)</td>
</tr>
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</table>
Silver Level

Ready to step it up a notch? If you’ve completed your Bronze Level and you’re eager for more, the next stop on your VIP journey is the Silver Level. No new program components are added at this level, but the number of required hours doubles – that means you’ll need ~45 hours available for VIP during the semester you apply.

<table>
<thead>
<tr>
<th>GIVE (Volunteer Service)</th>
<th>40 hours</th>
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<tbody>
<tr>
<td>GROW (Professional Development)</td>
<td>2 hours</td>
</tr>
<tr>
<td>GAIN (Self-Awareness)</td>
<td>1.5 hours (Schedule found at <a href="http://www.mun.ca/volunteer">www.mun.ca/volunteer</a>)</td>
</tr>
<tr>
<td></td>
<td>0.5 - 1 hour (Silver Self-Inventory will be sent to VIP Silver Participants via email)</td>
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Gold Level

You don’t need to feel like a leader to register for your Gold Level of VIP, but we are confident you’ll feel like one when you finish! VIP Gold is a significant commitment, and is the only level that has the option of being completed over two semesters. At this level we introduce a Leadership Development requirement, to prepare Gold participants to take on the leadership of the Platinum Level.

<table>
<thead>
<tr>
<th>GIVE (Volunteer Service)</th>
<th>80 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>GROW (Professional Development)</td>
<td>4 hours</td>
</tr>
<tr>
<td></td>
<td>1 Leadership Development Activity (see next page)</td>
</tr>
<tr>
<td>GAIN (Self-Awareness)</td>
<td>1.5 hours (Schedule found at <a href="http://www.mun.ca/volunteer">www.mun.ca/volunteer</a>)</td>
</tr>
<tr>
<td></td>
<td>1 Reference Letter</td>
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Gold Level Leadership Development Rubric

***Coming Soon!***

We are currently working with Memorial’s Student Leadership Development Coordinator to create a rubric that will allow students to evaluate whether or not an activity would qualify as Leadership Development for the VIP Gold Level.

In the meantime, the following list is comprised of opportunities we will accept to fulfill this requirement. If you’re wondering about a position or activity that’s not on this list, email vip@mun.ca or visit us at UC-3011 and we’d be happy to look into it for you!

- Make Midterm Matter Team Lead
- Executive or Board Member for a MUNSU-recognized student club, society, or resource centre
- Executive or Board Member for a university or external organization
- Residence Assistant
- IMPACT Participant
- Memorial Student Leadership Conference attendee
- Memorial Ambassador
- SVB Volunteer Assistant
- Orientation Assistant Coordinator

***Please note: this is not a comprehensive list and it may be subject to change at any time.***
Platinum Level

Finished your Bronze, Silver, and Gold Levels and ready to give back to the VIP Program? Apply to our prestigious Platinum Level! Unlike other levels, signing up for VIP Platinum is done via application rather than registration. Since you’ll be hosting SVB ThinkTanks, we want to make sure you have the minimum communication and leadership skills necessary to make your sessions a good experience for you and the students who attend.

Application Process:

The VIP Platinum Level application is released at the beginning of each semester, and the deadline is usually the third Friday of the term.

All Platinum Participants must apply, complete an interview with the VIP Coordinator, and (if accepted) attend a Platinum training session.

The VIP Coordinator will work with your availability to schedule the ThinkTanks for the semester. Each Platinum Participant must facilitate two ThinkTanks, usually one in the second month of the semester and one in the third.

<table>
<thead>
<tr>
<th>GIVE (Volunteer Service)</th>
<th>20 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>GROW (Professional Development)</td>
<td>1 hour</td>
</tr>
<tr>
<td>GAIN (Self-Awareness)</td>
<td>7-10 hours (developing and delivering TWO ThinkTanks)</td>
</tr>
<tr>
<td></td>
<td>1 one-on-one reflection with VIP or SVB Coordinator</td>
</tr>
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</table>
**FAQ**

***Coming Soon!***

This section will be updated on an ongoing basis.

**Have a question?**

- Best option: visit us at UC-3011! (3rd floor of the University Centre). We are super friendly.

- Email: vip@mun.ca for VIP-related questions, or svb@mun.ca for more general inquiries.

- Call: (709) 864-4301

- Check out www.mun.ca/volunteer!

**Office Hours:**

Monday to Friday

10am – 4pm

*Closed during exam periods & university closures.*