

Volunteering leads to a sound mind!

Volunteering gives you a healthy ¹⁵(mine / mind). It is a relaxing and energizing escape from your day-to-day ¹⁶(route / routine). If you do good for others and the community, you will feel better about yourself. You will also have a more ¹⁷(negative / positive) view of life. According to one survey, 96% of the volunteers report feeling happier.

Volunteering leads to a sound body!

Volunteering often ¹⁸(inverts / involves) physical activity. This physical activity is good for health at any age. It is especially good for people ¹⁹(what / who) are not physically active in their daily lives. Actually, most volunteers have better control over their health. In one survey, 25% of the volunteers say that they can better ²⁰(maintain / manage) chronic illnesses.

Volunteering helps you learn new skills!

Volunteering is a fun and easy way to ²¹(explore / express) your interests. It helps you get experiences in the areas you are interested ²²(on / in). It helps you meet people in the field. It also gives you a chance to practice important workplace skills. ²³(However / For example), you can learn teamwork, communication, and problem solving skills. In fact, 49% of regular volunteers say that they learn ²⁴(useful / used) skills from volunteering.

In sum, volunteering can help you find friends, learn new skills, and protect your health. Most ²⁵(important / importantly), you can make the world a better place to live ²⁶(in / by). These benefits will hopefully help you become bolder and volunteer for others and for yourself. Now ²⁷(charge / challenge) yourself to care about others!

*정답은 pp. 114 - 115 Reading Text로 확인하세요.