Step Forward: Where Adventure Meets Opportunity

SOLVE PROBLEMS, EXPAND YOUR OPPORTUNITIES, STRENGTHEN YOUR COMMUNITY, CONNECT WITH NEIGHBORS, AND UNITE OUR NATION THROUGH NATIONAL SERVICE

- **IMPROVE YOUR PROFESSIONAL AND CAREER SKILLS**
  - Build relationships
  - Explore new career fields
  - Learn conflict resolution strategies
  - Develop lasting life skills
  - Learn to be resourceful
  - Manage new or unfamiliar experiences
  - Navigate challenges
  - Overcome adversity
- **ENHANCE YOUR HEALTH AND WELLBEING**
  - Reduce isolation
  - Improve physical and mental health
  - Increase your sense of belonging
  - Make more community connections
  - Create more community connections
  - Be an advocate
  - Build community connections
  - Increase community involvement
  - Strengthen your community
  - Become a volunteer
  - Value other views
  - Solve problems among diverse populations
  - Build confidence
  - Value other views
- **GET INVOLVED**
  - Get Started.
  - Learn more about available service opportunities at AmeriCorps.gov/serve/
- **STAY ACTIVE**
  - Launch your career
  - Get things done
  - Stay active
  - Expand your view
  - Launch your career
  - Get things done
  - Stay active
  - Expand your view
- **EXPAND YOUR VIEW**
  - Solve problems
  - Expand your opportunities
  - Strengthen your community
  - Connect with neighbors
  - Unite our nation

Sources: Office of Research and Evaluation, AmeriCorps (2016-2021). Content analysis of the AmeriCorps Member Exit Survey [Data set]; and A Systematic Review of Senior Corps’ Impact on Volunteers and Program Beneficiaries (2019), JBS International