

Volunteering: Why Your Time Matters More Than Ever

Did you know that between September 2022 and September 2023, more than 75 million Americans formally volunteered their time through organizations, contributing almost 5 billion hours of service? That's an economic impact of over \$167 billion in value! Even more noteworthy is the fact that over 70% of volunteering regularly takes place on an *informal* basis through religious, social or political groups. Informal volunteering involves helping friends, neighbors, family, and co-workers on a more individual level. [US Census Bureau MatchPro](#)

Who's Volunteering?

- Around **30.3% of Americans volunteer** [TeamStage.io](#)
- **Generation X (ages 45–54)** leads the way in formal volunteering.
- Surprisingly, **parents with children under 18** formally volunteered at a higher rate (30%) than those without children in their household (21%). [US Census Bureau](#)
- **Baby Boomers** are champions of informal helping—offering rides, lending tools, and showing up for their neighbors.
- **Even high school students are pitching in:** the 16–17 age group has the highest formal volunteer rate at 28.2%. [DonorBox](#)
- **Women volunteer more than men** (34% vs. 26.5%), and people with graduate degrees are most likely to volunteer formally. [TeamStage.io](#)
- **Virtual volunteering:** 18% of formal volunteers served completely or partially online, a trend that opens doors for busy professionals or retirees who prefer flexibility. [US Census Bureau](#)

Why People Give Their Time

According to national data:

- 83% volunteer to support causes they care about.
- 66% want to improve their communities.
- Over 35% see it as a chance to socialize and connect. [MatchPro](#)

The Ripple Effect

Volunteering doesn't just help students—it helps volunteers, too. Studies show that giving your time leads to improved mental and physical health, reduced loneliness, and a greater sense of purpose. It's not just what you give—it's what you gain. Whether you're reading this as a longtime volunteer or someone considering stepping in, know this: you're in great company, and your time truly makes a difference.