The following is a short reference list of scholarly articles that connect community/service learning to positive outcomes for individuals connected well-being and mental health for college students and individuals in general.

References


  *Supports positive well-being as a result of service-learning and community engagement.*


  *Supports positive well-being as a result of service-learning and community engagement.*


  *From abstract: “The young people all agreed that volunteering had a very positive impact on their well-being”*


  “In older adults, volunteer contributions have been found to lower psychological distress, decrease depression and anxiety rates, increase physical health, lower mortality rates, and increase self-respect”

- Student volunteering could have health benefits. [https://www.uhs.wisc.edu/student-volunteering-could-have-health-benefits/](https://www.uhs.wisc.edu/student-volunteering-could-have-health-benefits/)

  “Time spent volunteering on campus or in the community can impact students’ overall mental and emotional health, a 2015 study shows.”

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