I began volunteering at Cache Refugee and Immigrant Connection (CRIC) with their walk-in hours. Its mission is to promote integration, economic self-sufficiency, and positive connections among refugees, immigrants, and the wider community through two-way education, improved access to existing services, and development of new services.

I was surprised at the number of immigrants that are in Cache Valley and some of the difficulties they face in assimilating to this new environment.

With the help of CRIC and others, I was able to identify two needs in helping immigrants and refugees in the area.

1. Assist CRIC in the exploration phase of a program that would allow volunteers to drive CRIC clients to important court dates in SLC.

2. Provide educational science Outreach in association with Brain Awareness Week to provide a science outreach program to immigrant children in the valley. Particularly in association with the non-profit Athletics United which is an organization that focuses on the foster and growth of immigrant children in the valley.

I think the major thing that I learned through these experiences was that anyone can make a difference in the lives of others. All that is required is identifying a need and pursuing ways to solve the need in the community.

I was able to experience working with a wide variety of community professionals in implementing these activities. I learned from the groups of people I interacted with about their culture and how they lived, and about ways to effectively implement these types of programs/activities. These skills will be beneficial to me in solving community problems in the future.