

College Blood Donation Camp Workbook

Student Learning and Career Reflection

Coach VNA Academy

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A Practical Workbook for Donors, Volunteers, and Responsible Student Participation

For college students and faculty-guided reflection

Use this workbook to prepare safely, record genuine participation, reflect on learning and describe the experience honestly in career documents.

Important: This workbook provides general education. It does not replace donor screening, individual medical advice or instructions from an authorized blood centre.

How to Use This Workbook

Complete only the sections relevant to your role. Do not enter another person's private health information.

My use	Tick
Prospective donor	[]
Student volunteer	[]
Faculty-guided reflection	[]
Career preparation	[]

My Camp Information

Camp date: _____

Venue: _____

Authorized blood centre or organizer:

Information received through: _____

My role: _____

Faculty or volunteer coordinator: _____

Certificate received Yes or No: _____

Safety Commitments

- ☐ I will disclose medicines and health concerns honestly.
- ☐ I understand that participation is voluntary.
- ☐ I will not advise another student about medical eligibility.
- ☐ I will seek medical help if concerning symptoms occur.

Before Visiting the Camp

- ☐ Verify the official organizer, venue and timing.
- ☐ Check the academic timetable and allow time for screening and recovery.
- ☐ Obtain adequate sleep.
- ☐ Eat an appropriate light meal and drink sufficient water.
- ☐ Know the names of medicines being taken.
- ☐ Disclose relevant health information honestly.

My Questions Before Donation

My question or concern	Whom did I ask?	What verified answer did I receive?

Screening Reminder

Age and weight are only starting criteria. Read the questionnaire, complete the required health checks, ask questions and wait for the authorized professional's decision.

During and After Donation

- ☐ Follow the medical team's instructions.
- ☐ Report discomfort immediately.
- ☐ Rest before standing.
- ☐ Take advised fluids or refreshments.
- ☐ Protect the donation arm.
- ☐ Avoid strenuous activity for the advised period.
- ☐ Know whom to contact if symptoms persist or worsen.

If I Am Deferred

Deferral is a safety decision, not a personal failure. You do not need to record a private diagnosis here.

Was the explanation temporary, permanent, or unclear?

What follow-up was advised? _____

What responsible alternative role was available?

What did I learn about handling disappointment?

Volunteer Role Planner and Activity Record

Assigned duty: _____

Reporting person: _____

Duty time: _____

Area of responsibility: _____

Contact for medical questions: _____

Contact for coordination concerns: _____

- ☐ I will not interpret screening results.
- ☐ I will protect privacy.
- ☐ I will ask permission before photographs.
- ☐ I will remain within my assigned role.

Time or stage	Task performed	Team coordination	Outcome or learning

Myths and Verified Information

Verify information through official or qualified sources before believing or forwarding it.

Statement heard	Source of claim	Verified fact	Official source checked

Quick Responsible Facts

- Authorized services use sterile, single-use collection equipment.
- Looking healthy does not replace medical screening.
- A suitable meal, hydration and rest matter.
- Deferral may be temporary and protective.
- A bill may reflect permitted processing costs; it does not by itself prove illegal sale. Report specific evidence through official channels.

One Myth I Will No Longer Forward

Donor and Volunteer Skills

Skill	Possible donor evidence	Possible volunteer evidence
Communication	Asked questions or reported discomfort	Gave clear directions and listened
Teamwork	Followed staff instructions	Coordinated duties
Time management	Planned around timetable	Completed assigned duty
Empathy	Considered patient need	Supported nervous participants
Adaptability	Accepted screening outcome	Adjusted when flow changed
Role awareness	Followed medical advice	Referred health questions
Privacy	Used confidential screening	Protected forms and information
Digital responsibility	Checked official notice	Shared verified information

A skill belongs in a resume only when you can support it with a real action.

My Strongest Skill Evidence

Skill	What I actually did	Where I can use it again

Event Reflection

What did I notice first? _____

What role did I perform? _____

What question or fear did I have? _____

From whom did I obtain correct information?

What did I do responsibly? _____

What would I improve next time? _____

How did this experience affect my view of social responsibility?

Lifelong Learning

Experience becomes lifelong learning when you reflect, identify a skill, apply it later and contribute more responsibly.

One habit I will improve: _____

One skill I will practise: _____

One action for the next three months: _____

Resume Bullet Builder

Use this structure: action verb + exact task + context + verified outcome or learning.

Action verb: _____

Exact responsibility: _____

Event context: _____

Verified outcome or learning: _____

My complete resume bullet: _____

Credible Examples

Volunteer: Guided participants through designated registration, screening and recovery areas while referring health-related questions to qualified professionals.

Donor: Participated voluntarily in an authorized college blood-donation initiative after completing required screening and informed consent.

Avoid exaggerated claims such as managing the entire camp, providing medical counselling or guaranteeing the number of lives saved.

My Final Resume Entry

STAR Interview Worksheet

STAR means Situation, Task, Action, and Result or Reflection.

Part	Prompt	My response
Situation	What was happening?	
Task	What was my exact responsibility?	
Action	What did I personally do?	
Result or Reflection	What improved or what did I learn?	

Short Interview Example

During a college blood-donation camp, several students arrived after an official WhatsApp notification. I coordinated with other volunteers to keep registration guidance and participant movement clear. We referred medical questions to the qualified team. I learned that teamwork requires clear roles and professional boundaries.

My Practice Answer

LinkedIn Reflection Builder

What happened: _____

My exact role: _____

One action I performed: _____

One lesson I learned: _____

One appreciation for the team: _____

Relevant hashtags: _____

Short LinkedIn Example

Today I supported a college blood-donation camp as a student volunteer. While regular academic activities continued, our team guided participants and referred medical questions to qualified professionals. The experience showed me how calm communication, teamwork and respect for voluntary choice strengthen community service.

Privacy Check

- Obtain permission for photographs.
- Hide forms and health details.
- Verify all numbers.
- Describe the role honestly.
- Avoid guaranteed lives-saved claims.

Certificate and Evidence Record

Certificate title: _____

Issuing organization: _____

Date: _____

Exact role: _____

Verified hours if provided: _____

Verified figures if officially supplied:

Two responsibilities: _____

Where the evidence is stored: _____

My Next Responsible Action

One health-information habit to improve:

One community activity to support: _____

One professional boundary learned: _____

Authoritative Resources and Notes

[World Health Organization Blood Donation Questions and Answers](#)

[World Health Organization Blood Safety and Availability](#)

[e-RaktKosh Donate Blood](#)

[Directorate General of Health Services Blood Transfusion Services](#)

[Central Drugs Standard Control Organization Blood Centre](#)

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