

High School Tips (Involvement)

Academics are important, but not the only thing that matters. Extracurricular activities are vital to the success of students. They are also fun, engaging activities that can help relieve stress, help you make friends with similar interests, and establish connections to faculty. Here are some involvement tips.

How to Find Opportunities

- Review list of activities offered in school/community and choose a few to try out
 - Guidance counselors can help with this process
 - The school website usually lists them too
- Look in your community
 - Many organizations look for volunteers. Find something you like or that may be connected to a field you are interested in.
 - Even if they are not looking for volunteers, it does not hurt to call local businesses or organizations to see if they need help with anything.
- Establish your own organization
 - If you have an idea for a club, activity, fundraiser, etc. that you want to pursue, go for it!
 - Talk to your guidance counselor, teachers, and students - they can help you through the process

Know That Something is Out There

- It can be stressful to look and try clubs without any real success but remember that there is something out there for you! There are many different options for all interests in and out of school.
 - Sports: school teams, community sports centers
 - Music: school band, choir, community programs, playing an instrument
 - Arts: drawing, photography, painting clubs
 - Service: volunteer work, groups dedicated to helping others
 - Others: debate team, academic clubs, cultural groups, student government, religious organizations, etc.

How Involvement Can Help with College

- Colleges are looking for dedication to a couple extracurriculars, don't feel like you need to do everything, but choose something you like to work hard at
- Make sure to stay involved to gain friends, develop skills and learn new things - colleges like growth.

- Connections help! Coaches, directors, etc. can provide great recommendations for colleges and scholarships.
- Keep track of extracurricular activities for your resume
 - Write down starting dates, special events/awards, etc.
 - Having an organized list of your involvement will make resumes and college applications MUCH easier
- Most of all, have fun with it! Colleges love to see that students enjoy and are passionate about what they do!