**Student Pack - Session 3: Extracurricular Activities**

Involvement in extracurricular activities - activities that take place outside of class – give CFES Scholars an advantage both while they are in school and as they look toward college. Extracurricular activities lead to:

* increased leadership skills
* more effective time management
* increased ability to prioritize, greater sense of responsibility
* increased motivation
* Finally ask the students to complete the list of values by ticking their sheet.

**Check the types of extracurricular activities you participate in at school:**

□ Theatre/Drama/Dance

□ Sports

□ School clubs (e.g. newspaper, photography, film, debating)

□ Student leadership

□ Peer mentoring

□ Student government

□ Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Check the types of extracurricular activities you participate in out of school:**

□ Sports

□ Scouts

□ Volunteer work

□ Church group

□ Music

□ Art

□ Theatre/Drama/Dance

□ Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Now, take a minute to think about each extracurricular activity you listed above:**

Which is your most favourite activity?

Why?

**Helpful Tips for Selecting Extracurricular Activities**

1. **Quality over Quantity.** It is better to be deeply involved in fewer activities than superficially involved in many.
2. **Good Fit.** Pick activities of interest and where there is passion! For example, a person who loves to write should join the school newspaper and a person who loves to take pictures could join photography.
3. **Stick with It.** Don't start and stop activities; sticking with them for years shows commitment and dedication.
4. **Leadership and Growth.** Over the years, work on growing from being a member of a club to a leader of the club. Help the program grow, take on new members and plan innovative projects.
5. **Start a Club.** If there is not a club offered that is of interest, start one!

**Based on the tips above and thinking about your own situation, answer the questions below:**

Do you think you are involved in too many activities, or possibly too few? Why?

Are the clubs and activities you are involved in a good fit for you? Explain.

Are you involved in a club or activity that you should give up? Why?

Have you found a few activities that you can stick with? Explain.

Do you see ways you can help the club grow and expand? How?

Do see yourself leading this club some day? Why or why not?

Do you see the need for a club that does not yet exist? Are you interested in starting one?

**Complete the extracurricular plan on the next page**

First, write your activities for this year. In the boxes below, record all the activities you plan to participate in between now and graduation. You may want to look online at the school website or talk to older students to see what activities/clubs are being offered, that you may know have known about.

**Extracurricular Plan**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Year | Club/Activity | Club/Activity | Club/Activity | Club/Activity |
| 2nd |  |  |  |  |
| 3rd |  |  |  |  |
| 4th |  |  |  |  |
| 5th |  |  |  |  |
| 6th |  |  |  |  |