



## Should I join?

Are you bored? Sick of watching reruns on television? Want to be with people your own age? *Take some time to see what is out there for you to join.* Schools and communities offer extracurricular activities for students.

### **Benefits of extracurricular activities** (So, what's in it for you?)

Students who participate in extracurricular activities tend to develop good study habits. As a result, they get better grades. Because the students are busy, they are less likely to smoke, drink, or use drugs.

1. Explore your interests
2. Spend time with people who share your interests
3. Find new friends
4. Meet people who are different from you
5. Learn about different occupations
6. Gives you something to do
7. Learn how to work with others
8. Learn to manage your time
9. Looks good on college, scholarship, and job applications

### **Find the right activity** (Think about your interests and skills.)

*Talk with activity advisors and coaches. Ask questions to get information you need to make a decision about which activity to join.*

1. What are my interests?
2. What new skills do I want to learn?
3. Am I taking a class that requires extra study time?
4. Do I need to focus on my grades?
5. How will I get to and from the activity?
6. Do I have to be a certain age to join?
7. Do I need a physical exam to join
8. Do I have to get certain grades to join or stay in the activity?