



Why Extracurricular Activities Matter

Agenda



- How colleges view extracurricular activities
- What kind of activities you can get involved in to impress colleges
- Ways to achieve balance among your activities to maximize your chances of success

Acceptance Rates

School	2005	2013	2014
Harvard	11%	5.79%	5.9%
Yale	11%	6.72%	6.26%
Northwestern	33%	13.9%	12.9%
Stanford	16%	5.69%	5.07%
MIT	16%	8.2%	7.7%
UC Berkeley	27%	20.8%	17.3%

Well-Rounded vs. Well-

Well-Rounded

- Key Club
- Student Government
- Cheerleading
- Pre-Med Society
- Library Job
- Law Firm Internship

Well-Angled

- **Newspaper**
+ Editor In Chief
- **FBLA**
+ Founder
- **Ice Hockey**
+ Captain

The Well-Angled Student

- Focuses on a couple of activities, but gets heavily involved
 - Leadership skills
 - Consistency
 - Dedication
 - Time commitment



Commitment

- Winnow and focus, don't simply quit
 - It's OK to be a member of a lot of clubs as a freshman, less so as a senior.
- Colleges like to see growth, not just participation
- *Meaningful* leadership

Volunteer Work



There are all kinds of volunteer work available!

Volunteer

- Soup kitchen
- Reading to kids
- Community outreach
- Tutoring
- Beach cleanup
- Planting trees
- Mentoring
- Planting gardens
- Coaching local teams
- Fundraisers
- Hospitals
- Hospice care
- Mental institutions
- Getting others to volunteer
- Teaching assistant
- Community theater
- School office help
- Food preparation
- Financial assistance
- Missionary work
- Daycare
- ASPCA
- Insect treatment
- Event coordinator
- Youth outreach
- City programs
- State/County programs
- National programs
- Goodwill worker
- Office assistant
- Church events
- Collecting food donations
- Ride sharing
- Summer camp counselor
- Suicide hotline
- Teaching technical skills
- Data entry
- Float building
- Seasonal projects
- Local fire/police departments
- Collate and make copies
- Art projects and banners
- Competition judges
- Supervise clothing donations
- DARE
- Translate
- Boy Scouts/Girl Scouts
- Cleaning graffiti

Volunteer



- There are all kinds of volunteer work available!
- Pick something interesting
- Pick something (potentially) related to your field of study
- Check out idealist.org
- Talk to your guidance counselors!

Sports

- Exercise!
- Natural progression, structured
- Coaches make natural mentors
- Can be fulfilling at many levels of achievement
- You don't have to be the next LeBron



Clubs

- Can be great
- Look for clubs that actually do things, not ones that just hold meetings
- While founding a club can be wonderful, most high schools already have lots of clubs
- One or two, maaaaybe three
- Much like classes in high school, clubs tend to get more demanding as you move up in grades
- Beware “club creep”

The

- Fun
- Can get course credit too! (Band, Dance, Drama)
- Can be a thing that students discover that they like
- Often an underestimated time commitment



Why get a job?



- Make money
- Develop skills
- Build your application
 - Relevant Experience
 - References
- Can be hard to hold a formal job during the school year, but informal jobs can be great too

Internships

- Many of the benefits of jobs; no pay (usually)
- Industry experience
- Get a feel for a specific career path
- Look for structured programs designed with high school students in mind
- Think locally



Internships

- Resources
 - Parents
 - Talk to school counselors
 - Contact a company!
 - Vault.com,
internshipprograms.com,
internmatch.com, idealist.org
- Start looking immediately!



A couple more

- Extracurricular activities are valuable in and of themselves, regardless of college admissions
 - You should look forward to your extracurricular activities!
- Plan yearly, and use your summers wisely!
 - The more you can “offload” to the summer, the more you can focus during the school year

Recap – Quick

- Get involved!
- Be well-angled!
 - Quality over quantity, but quantity matters
 - Seek balance
- Meet with your counselor
 - S/he is a local expert
- Cast a wide net
- For internships, think locally

