



High School & Beyond Planning — News & Information

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9th GRADE STUDENTS

Extracurricular Activities Matter- To You and To

Colleges!

Getting involved in clubs, sports, work, or other pursuits outside the classroom can give you new skills, help build your self-confidence and self-esteem, and be fun! In addition, extracurricular activities can play a role in college admission and scholarship applications.

Extracurricular activities also play a role when you apply to colleges. Most college applications ask about activities. That is because the things that a student does outside the classroom show what he or she is passionate about. Colleges want to know more about students than what their grades and test scores can tell them. What you do in your free time can showcase important personal qualities.

For example:

- Serving in student government shows leadership skills.
- Being on the track team through high school shows long-term commitment.
- Doing volunteer work at a hospital shows dedication to helping others.
- Working a part-time job while keeping grades up shows responsibility and time-management.

The number one rule for extracurricular activities for students: **DO WHAT YOU LOVE (or at least what you are interested in)**. Freshmen and sophomores should try out many different activities to get a taste of what they enjoy, and then focus on a few key activities (perhaps even taking a leadership role) during the rest of high school.

Sources: [BigFuture](#), [Admission Possible](#), [Oregon GEAR UP](#)

Check online at your school to see the activities available!

[EHS Activities](#)
[CHS Activities](#)
[JHS Activities](#)



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It's SCHOLARSHIP season!!

Log into Naviance so you do not miss a due date!

Did You Know?

There is no way to predict what activities will impress college admissions folks. **What counts is how you are able express what your chosen activities mean to you.**

Source: [Admission Possible](#)

Myth Buster

MYTH: In order to get into a good college, you must have an impressive list of extracurricular activities and community service.

REALITY: Students often think that they need a long list of extracurricular activities, sports, and volunteer work in order to get into a top college.

Absolutely not true!
Colleges, in putting together that well-rounded class, want to see passion and commitment.

It is more impressive to see multi-year commitment to one or two clubs, sports or community service activities to which you've dedicated yourself to and where you've achieved a leadership position than a long list of activities where you've just dabbled.

Source: [The Washington Post](#)

Student Checklist

- ☐ **Check out scholarship opportunities in Naviance!** There are scholarships available for 9th Graders but you need to apply! Go to:
[colleges](#) > [scholarship list](#)
- ☐ **Use SuperMatch** Naviance to explore college options and personalize your search!
- ☐ **Remember that school still comes first.** Extracurricular activities are important – but doing well in classes trumps sports or clubs.

Family Checklist

- ☐ **Explore interests with your child and encourage involvement.** Talk to your student about the kinds of activities she is interested in. Help your child get involved in school or in the community.
- ☐ **Remind your teen that school still comes first.** Make sure your child understands your expectations for good grades.



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