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SESSION 4: GOING TO COLLEGE STARTS NOW: EXTRACURRICULAR INTERESTS AND ACTIVITIES

ACTIVITY # 1: TRANSLATING INTERESTS INTO ACTIVITIES

Students' extracurricular interests (in or out of school) can often be translated into more formal activities. This exercise helps students brainstorm clubs, organizations, teams, etc. they might want to join. In the following activity, they are encouraged to begin a résumé (or list) of the activities in which they are currently involved and to add to that list each time they begin a new activity.

Opening Discussion:

Remind students that colleges want active and engaged students involved in their communities and that scholarship organizations also look for students involved in activities.

Did you know that your extracurricular interests:

- enable you to discover your talents and develop your skills?
- help build confidence and encourage you to see relationships and connections?
- lead to college majors and future employment as well as internships and volunteer opportunities?
- enhance your application to college and your chances for admission, as well as scholarships?

Activity/Handout:

Personal College Counseling Questionnaire 2

Interests and Related Activities

Instructions:

1. Begin by asking the students to complete the "Personal College Counseling Questionnaire 2" as fully as possible.
2. Once they have completed it, ask the students to find a partner and together decide how they would each fill out the "Interests and Related Activities" chart that will help them to see how their interests might relate to school or community activities and to future majors and/or careers. They may need to do some "brainstorming" to think of majors and careers. Remind them that there are no "wrong" answers here and that they may have to think creatively in order to figure out how their interests would translate into something more.
3. Once students have had a chance to complete their charts, ask them to "introduce" their partner to the group, so that all can benefit from the observations and questions that may arise with this exercise.

PERSONAL COLLEGE COUNSELING QUESTIONNAIRE 2

Student Name _____

1. What activities do you enjoy outside of the daily routine of school? Why?
2. In what sport, games or activities do you participate? With whom?
3. Have you had any leadership roles on sports team, in local organizations, religious institutions, youth groups, or school sponsored activities?
4. In what school sponsored extracurricular activities have you participated? Why?
5. What summer experiences have been particularly important to you? Camps, academic programs, jobs, etc.?
6. What kind of music do you like? Do you play an instrument? Sing? Would you like to? Do you have friends or family members involved in music?
7. Are there activities or opportunities of which you wish you had taken advantage earlier? Do you have any regrets? Is it too late now?
8. Have you been involved with any volunteer or service work? What did you learn from it? Will you continue in the future? Why did/do you do it?
9. What are your interests outside of school?
10. What is something that you're really good at that no one else knows about?

INTERESTS AND RELATED ACTIVITIES

This table should help you to organize your interests and talents and decide how they might relate to activities you could pursue in or out of school and how they might lead to a major in college or a possible career.

List your talents and/or interests in the first column and discuss with your partner what activities you might be able to join that would fit those interests and put them in the second column.

Finally, discuss possible college majors or careers that you might be able to pursue that would fit those interests and talents.

Interests and Talents (i.e., writing)	Related Activities (in and out of school) (i.e., yearbook)	Possible Major and/or Career (i.e., journalism/newspaper reporter)