

Extracurricular activities play a crucial role in college admissions, showcasing your interests, skills, and community involvement. Let's break down the four major types of extracurricular activities and how to get involved:

1. School Clubs and Sports Teams:

- Explore your school's list of clubs and sports teams. Look for options that align with your interests, whether it's STEM (join the Robotics club, Math Club, or Science Olympiad), arts, or other fields.
- If you don't find a club you like, consider starting one! Founding a club demonstrates initiative and leadership.
- Join clubs and teams early in high school to establish your presence and work your way up to leadership positions by junior or senior years. Colleges value leadership roles as they indicate responsibility and teamwork.

2. Community Service/Volunteering:

- Get involved in causes that matter to you. Consider minority diversity inclusion, tutoring, or assisting first-generation students.
- Volunteering shows colleges that you're committed to making a positive impact in your community.
- Look for local organizations, community centers, or nonprofits where you can contribute your time and skills.

3. Internships/Jobs:

- Consult your high school counselor for internship opportunities or part-time jobs related to your interests.
- Search online for companies that hire teens. Ask family and friends for recommendations.
- Internships demonstrate dedication to self-improvement and practical learning. Colleges appreciate this commitment.

4. Intellectual/Skills/Talent Development:

- Speak with your high school counselor about enrichment opportunities in areas you're passionate about.
- Explore local community colleges or state institutions for classes, workshops, or seminars.
- For instance, if you're interested in writing or journalism, attend high school journalism conventions or take creative writing classes.

Remember, quality matters more than quantity. Dedicate yourself to a few

meaningful extracurriculars, showcase your passion, and make a positive impact!

