

Name: _____

What Do I Like to Do?

Take a moment to talk to one of your copilots or someone else you trust about activities you enjoy participating in or might want to try in the future. Whoever you choose will be your copilot for this activity. Be sure to thank your copilot for supporting you.

QUESTIONS FOR YOU TO ANSWER:

1. What things do you enjoy doing? (These can be inside or outside of the classroom.)

2. What have you learned about yourself while participating in these activities?

QUESTIONS FOR YOU AND YOUR COPILOT TO DISCUSS AND ANSWER TOGETHER:

3. How will activities you participate in help you in school and when you get to college?

4. What else could you participate in?

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What Types of Students Do Colleges Want?

Brainstorm in your group what things you think colleges want to see you do inside and outside of the classroom.

Academics (Inside the Classroom)	Extracurricular (Outside the Classroom)
Example: Calculus	Example: Volunteer at my community park cleanup day

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Crawl, Walk, Run

In order to run, we must first learn to crawl and walk. What are some goals you want to accomplish and what are the steps you need to take before you can accomplish them?

- **Goal example:** I want to take Calculus before I graduate from high school.
- **How will I do this:** In order to take Calculus in high school, I must first crawl, walk and then run.
- **Step 1 is to crawl:** Do well in elementary school mathematics so that you can finish Algebra I by the time you graduate from middle school.
- **Step 2 is to walk:** The math courses colleges generally look for are Algebra I, Geometry, Algebra II, and Math Analysis/Precalculus.
- **Step 3 is to run:** Take Calculus.

Goal:

Step 1 (Crawl):

Step 2 (Walk):

Step 3 (Run):

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Building Your Knowledge

You have learned that colleges would like to see you dedicated to a few activities that impact your life. This will enable you to talk about these activities in depth in a personal statement or interview. Participating in lots of activities is not necessarily better than being dedicated to a few activities that are important to you. So, participate fully in the activities you enjoy.

Take a moment to share the work you completed in this lesson with one of your copilots or someone else you trust who has high hopes for you. Discuss what you are interested in and may want to pursue or continue to participate in once you get into high school, college and even later in life. Whoever you choose will be your copilot for this activity. Be sure to thank your copilot for supporting you.

QUESTIONS FOR YOU TO ASK YOUR COPILOT:

During this lesson, you learned that participating in extracurricular activities not only helps you be a better student, but also colleges like to admit well-rounded students who are able to get good grades and participate in other activities at the same time.

1. What extracurricular activities did you participate in and how did those activities help you in school and/or in life?

2. How can you help me make sure I get good grades and participate in activities that I enjoy?

Extensions

You may wish to have a professor or college student come in to talk about what is expected of students at the university level.