



## DISCOVER EXTRACURRICULAR ACTIVITIES!

### Empowerment Topic: Why Extracurricular Activities

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The "Why Extracurricular Activities" video, features role models sharing their reasons for why extracurricular activities can benefit you in many different ways.

Watch the video at least once. Read each item below. Then think carefully and use the blank lines to answer the questions and share your ideas.

**1. Extracurricular activities help you feel confident and boost your self-esteem.**

What do you think is meant by this statement?

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Give an example of how your extracurricular activities make you feel better about yourself and your skills.

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**2. By participating in extracurricular activities, you can "give back to your school."**

What does it mean to give back to your school?

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How can your participation in extracurricular activities help you give back to your school—or to a different organization you might care about?

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- 3. One role model said that when you participate in extracurricular activities, like the Girl Scouts or organized sports, you learn how to cooperate with others. She said this can help you attain a “common goal.”**

What is meant by a “common goal?”

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Tell about a time you and others who belonged to an extracurricular effort worked together to attain a common goal.

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- 4. Extracurricular activities can help you discover talents and skills you didn’t know you had.**

How could participating in extracurricular activity might help you discover more about yourself?

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Tell about a time you participated in an extracurricular activity and found out something new about yourself.

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**5. The skills you learn when participating in extracurricular activities will help you when you attend college and when you begin your career.**

How can skills you learn when you are young help you when you get older?

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What skills have you learned from participating in extracurricular activities that will help you for the rest of your life?

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**6. Participating in extracurricular activities will help you to become “well-rounded.”**

What do you think it means to be well-rounded?

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Why is it desirable to be well-rounded when it comes to your extracurricular skills and interests?

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