

## THE BENEFITS OF EXTRA-CURRICULAR ACTIVITIES

### Why Be Part of a Extra-Curricular?

At Port Washington High School, we believe that extra-curricular involvement plays a critical role in achieving our school's mission. Extra-curricular participation teaches discipline, time management, and teamwork among many other things. The following information is provided to help you understand the benefits of extra-curricular participation and the opportunities provided to students of Port Washington High School.

### What Makes A Good Extra-Curricular Activity?

- ◆ Youth feel like they are a part of a group or something special.
- ◆ Youth have the opportunity to develop relationships with adults and pro-social peers as well as take on leadership roles.
- ◆ The program has goals that encourage youth and staff to achieve great things, while also having rules that hold participants accountable to certain standards.
- ◆ The program involves parents and peers.
- ◆ At a time when youth are at risk for involvement in problem behaviors, an extra-curricular program can provide a source of positive influence.

### According to various studies provided by the University Interscholastic League, students involved in extra-curricular activities:

- ◆ Have better grades and higher self-concepts in addition to fewer discipline problems (Marsh, 1992)
- ◆ Have higher standardized test scores (Gerber, 1996)
- ◆ Have better attendance (Mahoney & Cairns, 1997)
- ◆ Less likely to smoke, drink alcohol, or use drugs (Cooley, Henriksen, Nelson & Thomson, 1995)
- ◆ Stronger ties to family, school and community
- ◆ Feel positive about their high school experience
- ◆ Participation in high school activities is often a predictor of later success – in college, a career and becoming a contributing member of society
- ◆ Activity programs provide valuable lessons four practical situations – teamwork, sportsmanship, winning and losing, and hard work.
- ◆ Through participation in activity programs, students learn self-discipline, build self-confidence and develop skills to handle stressful situations. These are qualities the public expects schools to produce in students so they become responsible adults in productive citizens.

The following information can be found at [www.nfhs.org](http://www.nfhs.org)

*“A 1992 study by the Colorado High School Activities Association and the Colorado Department of Education revealed that high school students who participate in some form of interscholastic activity have “significantly higher” grade-point averages and better attendance. Of the students surveyed, the average participant’s GPA was 2.96 (on a 4.0 scale), compared to 2.35 for the non-participant. A participant missed school an average of 3.59 days a year, while a non-participant missed 5.92 days.”*

*“High school student who compete in activity programs in New Mexico had a 2.80 grade point average, compared to 2.00 for non-participants, according to a 1992 survey by the New Mexico Activities Association. GPAs of at-risk students improved by being active in interscholastic activities.”*

*“Results of a 1987 survey of individuals at the executive vice-resident level or above in 75 Fortune 500 companies indicated that 95 percent of those corporate executives participated in sports during high school. In addition, 54 percent were involved in student government, 43 percent in the National Honor Society, 376 percent in music, 35 percent in scouts and 18 percent in the school’s publication.”*

*Having a high SAT or ACT score did not indicate success in a chosen career. “The best predictor of later success, a study showed, was a person’s independent, self-sustained ventures. Teens who were active in school activities..were found to be most likely to succeed at their chosen profession and make creative contributions to their community.”*