Get Involved!

5 Reasons for Getting Involved in College

1. **It allows students to become connected to their school.** Colleges are full of resources, but the responsibility is on the student to seek them out. Being involved helps them to do that.

2. **It helps them build community.** Since they’re leaving their family and sometimes their friends behind, getting involved helps them discover new friends with similar interests.

3. **It allows them to discover their passions and strengths.** These will follow them all through life. It allows them to discover of they don’t like, too.

4. **It’s a resume builder.** Freshman year is not too soon to be thinking about positioning yourself for future employment.

5. **Sometimes, busier kids do better in all areas.** This will vary a lot by the student, of course, but more free time does not always equal better grades. Being involved will require some organization and time management on the part of the student— and that’s a good thing.


The Freshman 15: Ways to Get Involved on Campus

1. Figure out what you’re passionate about.

2. Keep your eyes and ears open.

3. Look for organizations within your major. ([Click here](http://www.siu.edu/) to browse RSOs at SIU!)

4. Go Greek! ([Click here](http://www.siu.edu/) for Greek Life at SIU!)

5. Check the listings online.

6. Pursue a mentorship. ([Click here](http://www.siu.edu/) to learn more about Saluki Peer Mentors!)

7. Go to a Student Government meeting. ([Click here](http://www.siu.edu/) to learn more about SIU Undergraduate Student Government!)

8. Seek out all the hot spots on campus. (Visit the **Student Center**, **Rec Center**, and the **Student Services Building**!)

9. Do your part. ([Click here](http://www.siu.edu/) to learn about Saluki Volunteer Corps!)

10. Go to the “cheesy” events.

11. Talk to everyone.

12. Join an intramural sports team. ([Click here](http://www.siu.edu/) to discover Intramural Sports offered at SIU!)

13. Network with faculty.

14. Stay plugged in with social media.

15. Be strong and take charge!

   For more information, please visit: http://veemoze.wordpress.com/2010/09/22/the-freshman-15-ways-to-get-involved-on-campus/
**THAT EXTRA PUSH**

**HOW EXTRACURRICULAR ACTIVITIES CAN GIVE YOU A LEG UP**

**WHAT ARE EXTRACURRICULAR ACTIVITIES?**

ECAs are anything you do outside of your school work that is not directly class-related.

**Most Prominent ECAs**

- Inter-Collegiate Sport Team: 6.7%
- Volunteer Work: 22.9%
- Work: 32.5%
- Other: 35.6%

**Fun Fact**

70% of CEOs held at least one office in a club or organization during college. Does that mean that ECAs are the keys to success?

**EXTRACURRICULARS AND ACADEMIC SUCCESS**

**HIGH SCHOOL**

It all starts at a young age. Studies show that high school students who engage in extracurricular activities have higher indicators of school success and SAT test scores.

**Indicators of School Success**

Research conducted by the National Center for Education Statistics found that participation in extracurricular activities have a positive correlation to the students' attendance, GPA, test scores, and expected educational goals.

- ECA Participants: 50.4% (56.2%)
- Non-participants: 36.2% (42.7%)

- No Unexcused Absences*: 29.8% (14.2%)
- Never Skipped Classes*: 68.2% (46.2%)
- have a GPA of 3.0 or Higher: 30.4% (16.8%)

**Path Model Effects**

In a separate study by the College Board, researches found high school participation is correlated with higher SAT scores. The study found that participation in ECAs increased SAT math scores by 45 points and SAT verbal scores by 53 points.

- Extracurricular Activities: 45 pts
- High School Achievement: 13 pts

* During first semester of their senior year
The results of a California State University, Sacramento study from 2002-2007 strongly suggests the academic benefits of extracurricular activities. Over the course of four terms, students involved in ECAs consistently outperformed students not involved in ECAs.

**Students with Good-Standing Rates**

Good-standing: Undergraduate students whose cumulative grade point average is 2.0 or above.

- **FIRST TERM**: 89.9%
- **SECOND TERM**: 66.5%
- **THIRD TERM**: 90.4%
- **FOURTH TERM**: 38.9%

**Average Cumulative GPA**

- **FIRST TERM**: 2.47
- **SECOND TERM**: 2.9
- **THIRD TERM**: 2.4
- **FOURTH TERM**: 2.825

In a Graduate Management Admission Council Survey (2007) of more than 150 business schools and 5,641 respondents, researchers discovered that participation in ECAs allowed students to learn life skills that benefit both their professional and academic careers.

**Skills That Will Improve Based on Participation**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Internships</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student Career/Professional Clubs</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Work Projects</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volunteer Activities</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diversity/Multi-cultural Events</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Academic Competitions</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leadership Programs</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Study-Abroad Programs</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community Service Organizations</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student Government</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The figure above provides evidence that participation in ECAs is linked to the improvement of communication and leadership skills in a management role. Leadership programs consistently improved all skills in the regression analysis, while student government improved none.

**LANDING A JOB**

Your academic transcript may be what gets your foot in the door, but employers look for candidates with relevant experience when making hiring decisions. Extra-curricular activities help you gain the key skills and experiences to help you land that job.

For more information, please visit: http://www.coursehero.com/blog/2011/10/28/infographic-that-extra-push/
For Parents

Why You Should Encourage Your College Student to Get Involved on Campus

-* Getting involved in groups that share common interests, or attending activities offered by the college can be fun.
-* Getting involved will give your student the opportunity to meet new people.
-* College offer opportunities, often at little or no cost, that he or she may not encounter easily again.
-* Your student may have the opportunity to feed a new interest.
-* Your student may have the opportunity to connect with the college in a new and different way.
-* Your student may discover a new career path.
-* Being involved in some groups may be a resume builder.
-* Your student will learn to deal with all kinds of people.
-* Your student may have opportunities to increase his or her self-esteem and develop leadership abilities.
-* Students who are active in campus activities, who do more than focus solely on their studies, are more engaged in the campus community and succeed more academically.

Being involved in the things happening at the college can bring tremendous benefits to your college student. However, as with so many things during these college years, it is important that your student find balance. Participating in some groups at school, and attending activities on campus are important for your student’s well-being. But being involved in everything, allowing activities to distract from studies or interfere with a focus on what he wants from life, can be dangerous. Your student will need to ask – “How much is enough?” and “How much is too much?” Your student will need to find the appropriate and comfortable level of involvement for him or her.

For more information, please visit: http://www.collegeparentcentral.com/2009/11/why-you-should-encourage-your-college-student-to-get-involved-on-campus/

Other Services and Programs Offered at Southern Illinois University

In addition to the above mentioned programs and services, check out the following links to get more information for ways to get involved, get educational and professional assistance, and have fun at SIU!

-* Career Services
-* SIU Athletics
-* Academic Advisement
-* Morris Library
-* Center for Inclusive Excellence
-* Disability Support Services
-* Student Employment
-* Student Support Services
-* The Writing Center