



April

FOR FAMILIES OF 9th GRADE

### Extracurricular Activities Matter — To You and To Colleges

Getting involved in clubs, sports, work, or other pursuits outside the classroom can give your teen new skills, help build self-confidence and self-esteem, and be fun! In addition, extracurricular activities can play a role in college admission and scholarship applications.

Extracurricular activities also play a role when your child applies to colleges. Most college applications ask about activities. That is because the things that a student does outside the classroom show what he or she is passionate about. Colleges want to know more about students than what their grades and test scores can tell them. What a child does in his or her free time can showcase important personal qualities. For example:

- Serving in student government shows leadership skills.
- Being on the track team through high school shows long-term commitment.
- Doing volunteer work at a hospital shows dedication to helping others.
- Working a part-time job while keeping grades up shows responsibility and time-management.

The number one rule for extracurricular activities for students: **DO WHAT YOU LOVE (or at least what you're interested in)**. Freshmen and sophomores should try out many different activities to get a taste of what they enjoy, and then focus on a few key activities (perhaps even taking a leadership role) during the rest of high school.

Sources: [BigFuture](#), [Admission Possible](#), [Oregon GEAR UP](#)



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### Did You Know?

There is no way to predict what activities will impress college admissions folks. **What counts is how you are able express what your chosen activities mean to you.**

Source: [Admission Possible](#)

## Myth Buster

**MYTH:** In order to get into a good college, you must have an impressive list of extracurricular activities and community service.

**REALITY:** Kids often think that they need a long list of extracurricular activities, sports, and volunteer work in order to get into a top college.

Absolutely not true. Colleges, in putting together that well-rounded class, want to see passion and commitment.

It is more impressive to see multi-year commitment to one or two clubs, sports or community service activities to which you've dedicated yourself to and where you've achieved a leadership position than a long list of activities where you've just dabbled. This is a change in thinking from the past with colleges now prioritizing quality over quantity.

Source: [The Washington Post](#)

## Upcoming Events & Announcements:

We are remote learning  
for the remainder  
of the school year.  
We will notify you when new  
events are scheduled.  
We miss you!

### Student Checklist

- Explore interests.** It doesn't have to be sports or an academically-related club. Consider potential careers and try to find activities related to fields that interest you. Activities can be outside of school as well, like in the community. Remember! It's quality over quantity.
- Remember that school still comes first.** Extracurricular activities are important - but doing well in classes trumps sports or clubs.

### Family Checklist

- Explore interests with your child and encourage involvement.** Talk to your student about the kinds of activities he/she is interested in. Help your child get involved in school or in the community.
- Remind your teen that school still comes first.** Make sure your child understands your expectations for good grades.

Source: [Oregon GEAR UP](#)



Visit [readyssetgrad.org](https://readyssetgrad.org) to learn more and access resources to help your child make a plan.