

# CLUBS INFOGRAPHIC

## WHY CLUBS?

Joining extracurricular clubs have a lot to offer. Research shows that regular participation in extracurricular activities can have significant benefits for students from general wellness to improved academic achievement. In addition to the social benefits of a club, participating in clubs can help you achieve your future goals!

“That sounds like a lot of fun, but I don’t have the time to do that, too.”

“I’m already too busy with schoolwork and family.”

### BENEFITS FOR CLUB PARTICIPATION

Have higher self-esteem and self-confidence.



Have lower levels of depression.



Develop improved decision-making skills.



Are more likely to receive better grades.



Are more likely to graduate high school and attend college.



There can be more happening in clubs than just getting together after school. This all comes down to the focus of the club and how these clubs can be designed to ensure that students gain the most from this informal setting. Clubs can achieve things that a typical class might not have the time for. When built around specific educational goals, clubs provide an environment.



Clubs help with lots of life skills like effective communication, problem-solving, and project planning. All of these skills are helpful beyond high school and will give you an edge in both college and the workplace. So if you see a club that sounds interesting, remember that there is a lot to gain from joining in!

### LIFE SKILLS DEVELOPED FROM CLUB ACTIVITIES

Helps you to develop the interpersonal skills you’ll need to work and to get along with a variety of different people.

Introduces you to the expertise of a specific field, such as when a club focuses on STEM or Art.

Encourages practicing critical thinking, problem-solving, and persistence as you work to complete club projects.

Focuses a group of students around achieving a specific task, such as producing a play or organizing a fundraiser.

