

# AVID Commitment Hours

Quarter \_\_\_\_\_  
 ECV 2009 - 2010

The ECV AVID student agrees to participate in 25 hours of extracurricular activities per year. As part of your AVID participation grade, this form needs to be filled out and turned into your AVID teacher before the end of each quarter. \*

Activity	Date	Description	Adult signature (Coach, advisor, etc.)	Hours
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
			Total	_____

\*Although choosing several activities to participate in might expose you to different experiences, both universities and employers look for commitment to one or two activities over a long period of time. Go to many, but choose your favorite and stick with it!