

- School leadership (A.S.B.)
- Sports
- Clubs
- Performing Arts (Band)
- Community Service

C.A.R.E. CLUB

WHY?

When colleges and universities determine who they are going to accept, they consider many factors. After they have determined that you have met the minimum eligibility requirements in terms of a-g courses, G.P.A. and SAT/ACT test scores, they are going to want to know how you went "above and beyond" the other applicants.

One way to make yourself "stand out" from the thousands of other applicants is to demonstrate significant involvement in extracurricular activities such as a club, sport, or student government (ASB). Another way is to contribute to your community through community service. Whichever way you choose to get involved, you should choose one

activity that you are passionate about and stick with it! It is better to be involved in one activity consistently throughout your entire four years of high school, than to be involved in several activities for a short period of time.

HOW?

Explore your options at school and in the community. Think about what you like and find an activity that matches your interests. Some suggestions include:

- School leadership (A.S.B.)
- Sports
- Clubs
- Performing Arts (band)
- Community Service

Once you decide on an activity you might be interested in, talk to the advisor or other people already involved in the activity to get more information. After you join, if you decide that it's not the right "fit" for you, try something else, but don't give up! A "well-rounded" student does more than just get good grades; plus, being involved makes your high school experience more enjoyable and memorable!

WHAT?

Every year you are required to commit to a ***minimum of 50 hours, 25 hours each term*** in **ONE** of the areas listed above. You will need to keep a record of your hours and demonstrate to your AVID teacher what you have learned through your experience. You may be required to create a PowerPoint about your involvement or obtain letters of verification/recommendation from your coach, advisor, or community service representative. These are the people who will be able to write personal, meaningful letters for you to include in your scholarship and college applications.

Directions:

Use this sheet to help you keep a record of your commitment hours throughout the year.

Student Name: _____ AVID Teacher: _____

Commitment Hours activity: (check one)

- _____ School leadership
position/office: _____
- _____ Sport
name of sport: _____
- _____ Club
name of club: _____
- _____ Performing Arts (Band)
instrument: _____
- _____ Community Service
Name of organization: _____

Person in charge (advisor/coach, etc.): _____

Address: _____

Phone number of advisor/coach: _____ e-mail: _____

Dates of activities: _____

Number of hours: _____

Description of activities: _____
