

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



Fun Fact



DOES THAT MEAN THAT ECAs ARE THE KEYS TO SUCCESS?

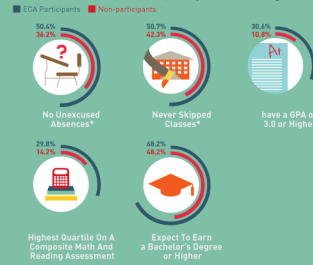
EXTRACURRICULARS AND ACADEMIC SUCCESS

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.

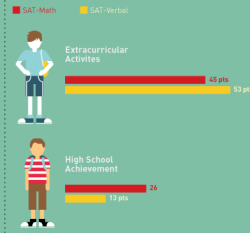
Indicators of School Success

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.



Path Model Effects

In a separate study by the College Board, researchers 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.

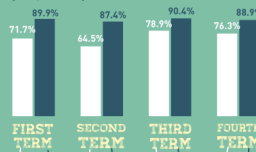


COLLEGE

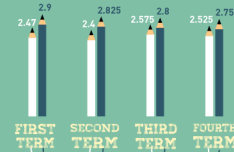
The results of a California State University, Sacramento study from 2002-2007 strongly suggests the academic benefits of extracurricular activities. Over the course of four terms, students involved in ECAs consistently outperformed students not involved in ECAs.

Students with Good-Standing Rates

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



Average Cumulative GPA



MBA PROGRAM

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

ECA	SKILL IMPROVEMENT					
	Managing Human Capital	Managing Decision-Making Process	Knowledge of Human Behavior	Knowledge of General Business Functions	Interpersonal Skills	Foundation Skills
Internships	✓	✓	✓	✓	✓	✓
Student Career/Professional Clubs	✓	✓	✓	✓	✓	✓
Work Projects	✓	✓	✓	✓	✓	✓
Volunteer Activities	✓	✓	✓	✓	✓	✓
Diversity/Multi-cultural Events	✓	✓	✓	✓	✓	✓
Academic Competitions	✓	✓	✓	✓	✓	✓
Leadership Programs	✓	✓	✓	✓	✓	✓
Study-Aboard Programs	✓	✓	✓	✓	✓	✓
Community Service Organizations	✓	✓	✓	✓	✓	✓
Student Government	✓	✓	✓	✓	✓	✓

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.

"The biggest challenge is showing relevant experience, which employers say is one of the most important factors they look for in applications from recent college graduates. This isn't limited to professional work experience... school activities and volunteering also qualify as relevant experience and can be included in your resume as well."

- Brent Rasmussen, president of CareerBuilder North America

THE LEADER OF THE ECA PAC: THE INTERN

Benefits for New Grads with Intern Experience

When it comes to landing a job, an internship is far and away the most valuable extra-curricular to have on your resume. According to 2010 Boston University survey and 2008 NACE survey:

