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Research exercise: Syntheses of Research on Extracurricular Activities in p - 12 Schools

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The Benefits and Detriments of Extracurricular Activities

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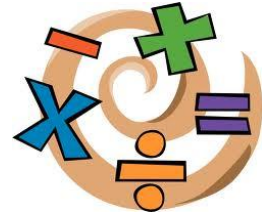


What is an extracurricular activity?

An activity that does not fall within the required curriculum; often done beyond school hours

Examples:

- Sports teams
- Student Council
- Academic based clubs
- Interest based clubs
- Theater/Drama
- Band/Choir



Detriments

- Added stress
- Takes away time from school work
- Students can feel alienated
- Students stereotype others based upon chosen extracurricular activity

Benefits of Participating

- Enhancing responsibility and leadership qualities
- Decreases chance of failing/dropping out of school
- Provides a sense of belonging
- Allows students to share their passions
- Builds stronger student-teacher relationships
- Develops necessary life skills:
 - Teamwork
 - Time management



Unresolved Question

-Are the higher achieving students more inclined to participate?

