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

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

Detriments

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

Unresolved Question

- Are the higher achieving students more inclined to participate?