

Facts and Finds for the First Year Student

Learning takes place inside and outside of the classroom in college! And, leadership is one subject that you can explore and learn about quickly if you just get involved.

FACT: Why Get Involved?

Studies repeatedly show that students who are involved in campus life are more likely to...

- ...grow personally and professionally
- ...be more satisfied with their college education
- ...persist in their education and graduate
- ...continue their learning beyond college

Additionally, involvement can benefit you by offering...

- ...opportunities to meet people and make friends
- ...direct experiences that will build your resume and professional experience
- ...the opportunity to gain new—and enhance existing—leadership skills
- ...opportunities to try new things or continue your involvements from your before-college-life

FIND: Involvement and Leadership on Campus

College provides numerous opportunities for students to develop their leadership skills through:

- ✓ Student Organizations and Clubs
- ✓ Intramurals
- ✓ Fine Arts
- ✓ Media Organizations
- ✓ Internships

Take some time
to keep in Mind ...

for academics and involvement when balanced properly. Plus, you will feel much more a part of campus life!

...don't avoid getting involved so you can devote all your time to studying—there is plenty of room

- ✓ Service and Volunteer Opportunities
- ✓ Employment
- ✓ Cultural Activities



To learn more about leadership and involvement on campus, and all the ways it is being offered, visit your Student Activities Office for a list of organizations and opportunities to discover the leader in you!

FACT: Warning – The Balancing Act

Although leadership and involvement is fun and rewarding, finding a balance between your co-curricular involvement and your curricular responsibilities is key! Beware of some of the signs of over-involvement:

- You are experiencing numerous schedule conflicts.
- You are unable to give 100% to anything, and are giving 75% to everything.
- You find yourself procrastinating more often.
- You are giving more time and attention to your activities, than to your studies.
- You are feeling burned out—no longer feeling the rewards of being involved.

FIND: The Path to Leadership

Most college campuses boast student organizations and activities for just about every interest out there. And, in many cases, if there isn't a group already formed, you are more than welcome to go through the process to start it yourself. So how do you maneuver through the maze of involvement opportunities on campus for the first time? Reflect on these questions to explore where your leadership path should begin:

- Is there a particular area of interest or subject I am looking to get involved in?
- Is physical activity something I want to gain from my involvement?
- What skills am I seeking to build or enhance through my involvement?
- Am I interested in serving in a leadership capacity now or in the near future?
- Where do I feel my skills could best contribute to a group or the college community?
- How much time am I willing to commit?