

Talking to Your Family about Involvement

Sometimes it's hard to explain to family members what "exactly" it is that you are doing in your co-curricular life. And, it can be even more difficult for them to understand and support the time and energy you are giving to all your involvements. Following are some facts that can help you better explain to your family the value of your co-curricular involvement.

Involvement=Academic and Personal Success

Student engagement is positively related to grades and to persistence between the first and second year of college.

~ from the 2006 report from the National Survey of Student Engagement

Research shows that students who engage in campus happenings, whether it's joining an organization or attending campus events, often feel more a part of their school and gain valuable leadership and service experience. They also learn to juggle more, leading to increased academic success.

Ways to Learn Outside the Classroom

Many of today's employers are seeking more than a solid GPA on a resume; they want to see evidence of skill development and application. Provide your family with some solid examples of the learning you have received from your involvement:

- making mistakes and learning lessons from others
- taking on a leadership position in an organization
- taking a risk to speak up in a meeting
- doing something outside of your comfort zone
- putting yourself in a situation where you are in the minority
- participating in programs and activities
- listening to what others have to say
- tapping into the wisdom of professional and support staff
- getting active when a cause stirs something inside of you
- staying aware of the world beyond just the campus bubble



Take some time
to keep in Mind ...

...that your family may be worried about your ability to juggle academics and involvement. This is a great time to share with them what a "typical" day looks like and how you are balancing all of your college responsibilities and priorities successfully.

The 5 Pillars of Co-curricular Life

Your family will glean a better understanding of the breadth and depth of student involvement through these five pillars of co-curricular life.

1. **Scholarship**—resources and support that help achieve student's academic goals.
2. **Service**—involvement to help others through active participation in community service activities.
3. **Relationships**—lifelong friendships and in some cases, national networks, that can be beneficial while at college and following, when members pursue careers or further education.
4. **Social**—more than just dances and socials, the social aspect can include things such as education programs, community service events, intramural sports, Homecoming, dinner exchanges, and so much more.
5. **Leadership**—skills and experiences that will be a future investment as a professional, community member and individual.

Skills Student Leaders are Sure to Gain

These are just a few valuable proficiencies that student leaders can glean from their experiences:

- ✓ Organization
- ✓ Time Management
- ✓ Delegation
- ✓ Conflict Management
- ✓ Collaboration
- ✓ Meeting Management
- ✓ Supervision
- ✓ Financial Management
- ✓ Ethics