



## Educational Champion Training

### MODULE 10:

### Extracurricular Activities

# Why Focus on Extracurricular Activities?

---



- Extracurricular activities give children an opportunity to **practice academic skills** in a real-world context.
- Participation in extracurricular activities **increases self-esteem and sense of belonging** – these reduce the likelihood of academic failure and school dropout.
- Participation in extracurricular activities helps with consistent **attendance, academic achievement, and aspirations** for continuing education beyond high school.
- **Foster youth have the right to participate in extracurricular activities, just like any other student!**

## Think about whether the child could benefit from participating in some after-school activities.

---



- Make a list of any hobbies or interests the child has, and of activities you think the child might like to participate in.
- Here are some examples of extracurricular activities:
  - Sports teams
  - Art programs
  - School newspaper
  - School band
  - Special interest clubs, like photography club or the Model United Nations club

## Other ways to find extracurricular activities.

---



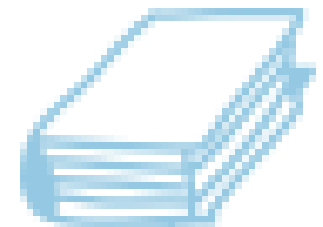
- Talk to other members in the community to find activities available in your county.
- Ask the office staff at the school for information activities that are available at the school site.
- Ask the Adult & Child foster youth educational advocate.
- Check with the child's CASA advocate or social worker for more ideas or recommendations.

## Talk to the child about getting involved in one or more activities.

---



- Ask the child if s/he is interested in participating in some after-school activities.
- Be respectful of the child's feelings.
- Encourage the child to participate in something s/he enjoys but do not pressure or force the child to participate.



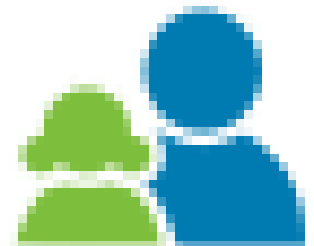
## Talk to the child about how things are going.

---



Once the child to participate in an activity, regularly ask the child about how things are going.

- For example, you could ask:
  - What did you do at practice today?
  - What project is your school club working on?
  - Did you learn anything new in (activity) today?



## Be prepared to support the child's participation in the activity.

---



- If the child decides to participate in a program, make sure you **have a plan** to get the child to/ from the activity regularly.
- Know that some activities may involve small expenses. Talk to the social worker for help.
- The timing of the activity may change the child's **after-school routine** at home. Talk to the child about creating a schedule. Make sure there is time to do homework, eat dinner, & get enough sleep.

Think about whether the child could also benefit from a summer activity or program.

---



Check with the Adult & Child foster youth educational advocate, school staff, the child's social worker, or the child's CASA for ideas and recommendations.





# My Goals:

---



What I will do:

---

---

---

---

---

---

---

---

How often I will do this:

---

---

---

---

---

---

---

---

## Resources.

---



This PowerPoint, Tip Sheets, Mentoring Modules, and supporting materials can be found at: [www.foster-ed.org](http://www.foster-ed.org).

If you have questions about the materials, please contact:  
[info@fostered.org](mailto:info@fostered.org)

Other Resources:

- *Extracurricular Participation and Student Engagement*, written by the National Center for Education Statistics and available at <http://nces.ed.gov>