



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.

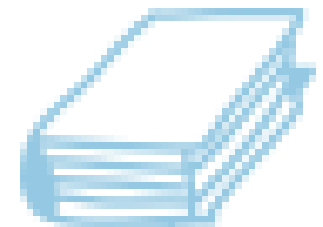


- Talk to other members in the community to find activities available in your county.
- Ask the office staff at the school for information activities that are available at the school site.
- Ask the Adult & Child foster youth educational advocate.
- Check with the child's CASA advocate or social worker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

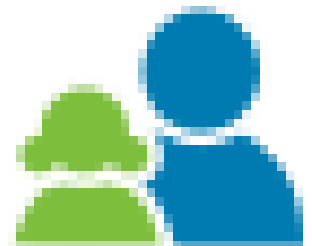


Talk to the child about how things are going.



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.

If you have questions about the materials, please contact:
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>