



# Ideas for Extracurricular Activities

Sometimes it's difficult to think about what you would like to do. Here is a list of things that might help you to identify some possible interests and involvements.

1. To start off, go through the following lists and circle anything that you like or seems to attract you (whether or not you know anything about it), and ~~cross-out~~ any that you want to avoid (like it really turns you off). It's just as important to know what you don't like as it is to know what you don't.

## INTERESTS

---

### Africa

#### American domestic issues

- Immigration
- Legal system (courts, prison system, death penalty)
- The media
- Politics and elections

### Asia

#### Class and race issues

#### Crime

#### Drugs

#### Energy

#### The entertainment business

#### Gay, lesbian, bisexual and transgender issues

#### Globalization

#### Global warming, environmental issues

### Health issues

#### The Internet and media

#### The Middle East

#### The military

#### Natural disasters

#### Nuclear weapons

#### Poverty

#### Religion

#### Social security

#### South America

#### Sports

#### Terrorism

#### War and peace

#### Women's issues

#### Other: \_\_\_\_\_

## SCHOOL AND OUT OF SCHOOL ACTIVITIES

---

### Academic competitions

- Scholars' Bowl, Science fairs, Science Olympiad, etc.

### Academic clubs

- NHS, California Scholarship Foundation, etc.

### Art activities

### Boy and Girl Scouts

### Business clubs

### Community service

### Chess

### Computer groups

### Dance (drill)

### Drama and theater

- Actor
- Stage manager, crew
- Set constructor
- Singer/dancer

### Environmental groups

### Ethnic groups

- Chinese American, Korean American, MECHA, etc.

### Exchange student

### Film activities and groups

### Future Business Leaders of America

### Future Farmers of America

### Journalism

- Newspaper
- Literary magazine

### Language clubs (French, Spanish, German, etc.)

### Model United Nations

### Music

- Choir
- Independent lessons
- Jazz band
- Orchestra
- Marching band

### Religious activities and groups

### Speech and debate

### Spirit activities

### Student council

### Tutoring

### Writing clubs

### Yearbook

### Young Democrats

### Young Republicans

### Other: \_\_\_\_\_

## **SPORTS**

---

Archery  
Badminton  
Baseball  
Basketball  
Biking  
Body boarding  
Bowling  
Boxing  
Canoeing  
Cricket  
Cross-country  
Equestrian sports  
Fencing  
Field hockey  
Figure skating  
Football (flag and regular)  
Golf  
Gymnastics  
Hiking  
Ice hockey  
Kayaking  
Lacrosse  
Martial arts  
Racquetball  
Rafting  
Riflery  
Rock climbing  
Rodeo

Roller hockey  
Rowing  
Rugby  
Sailing  
Scuba diving  
Skateboarding  
Skiing  
Snowboard  
Soccer  
Softball  
Spirit (cheer)  
Sports management  
Squash  
Surfing  
Swimming and diving  
Table tennis  
Tennis  
Track and field  
Ultimate Frisbee  
Volleyball  
Water polo  
Water skiing  
Weight-lifting  
Windsurfing  
Wrestling  
Yoga  
Other: \_\_\_\_\_

## **COMMUNITY SERVICE**

---

Amnesty International  
Animal care center  
Beach clean-up  
Boys and Girls Clubs  
Cancer camp  
Community service board  
Disabled services program  
Disease based group (Cancer, Diabetes, etc.)  
Endangered species projects  
Environmental issues  
Food drives  
Foster children's groups  
Fundraising for a cause  
Habitat for Humanity  
Homeless schools and shelters  
Hospitals  
Humane society  
Hunger Project  
Key Club  
Kids Korps

Make A Wish Foundation  
Literacy projects  
National Charity League  
Political campaign  
Public library  
Recycling project  
Red Cross  
Retirement and nursing homes  
Rummage sales  
Students Against Drunk Drivers (SADD)  
School Ambassador  
School orientation volunteer  
Senior Olympics  
Special Olympics  
Teens Against Tobacco Use (TATU)  
Usher, volunteer Arts group  
Voter registration  
Walks and runs for causes  
Other: \_\_\_\_\_

## WORK

---

Amusement park or zoo employee

Band member or music group

Box boy/girl at grocery store

Caddy at golf course

Camp counselor

Cashier

Cat, dog, house sitter

Childcare/babysitter

Clerical or secretarial work

Coffee shop or restaurant worker

Computer tech

Fast food preparer, ice cream server

Gardener

Help an elderly person

Intern

law office, veterinary office, business, etc.

Lifeguard

Office worker

Painter

Receptionist

Research assistant

Retail sales person

Sports instructor

Teaching assistant

Tutor

Waiter/waitress

Water sports instruction

Other: \_\_\_\_\_

## SPECIAL SKILLS, TALENTS, HOBBIES & INTERESTS

---

Acting

Animal care

Art

Arts and crafts

Basketry

Batik

Calligraphy

Ceramics

Drawing

Fabric arts

Fashion design

Glassblowing

Graphic arts

Illustration

Jewelry making

Macramé

Metal working

Painting

Photography

Sculpture

Weaving

Woodworking

Backpacking

Blacksmithing

Carpentry

Cattle driving

Caving

Circus arts (clowning, trapeze artist)

Climbing

Computers

games, design, graphics, websites, animation, etc.

Construction

Cooking

Cross cultural involvements

Dance (ballet, folk, jazz, modern, tap, etc.)

Film and theater

Cinematography

Costume design

Directing

Editing

Lighting

First Aid

Fishing

Flying

Gardening

Hang gliding

Juggling

Knitting and sewing

Leadership

Lifesaving

Magic

Modeling

Music (Classical, folk, jazz, rock, etc)

Chorus

Chamber

Classical

Musical theater

Puppetry

Outdoor and wilderness skills

Quilting

Robotics

Rocketry

Writing

Playwriting

Screenplay writing

Other: \_\_\_\_\_

2. Now go back to the circled items on the above lists and **rate how interested you are in each one of them on a scale from 1–10** (1 = a little interested, 10 VERY interested).

3. Write down the ten highest numbered items.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

4. If something jumps out at you immediately, **then just do it, act on it, or at least find out how you can find out more about it.**

5. If something sounds interesting, but you're not sure about it or how to get involved, then talk with other students, or your parents and other family members, or your high school counselor, a teacher, perhaps someone who is already doing it and ask them to help you find out what it's all about or about what you might do.

6. Another way of getting information is to do an Internet search with the likes of Google or Yahoo.

7. Go talk to someone who is already doing what you think you might want to do.

8. Once you find an activity you like, then find a way of learning how to do it, joining it or getting otherwise involved. If you like it, then hooray for you. If you don't, then go onto something else on your top ten list.