

## How Getting Involved in Campus Activities Earns Big Rewards

- **Campus activities are fun.** They help you to relax, blow off steam, get in shape, or reduce stress. A good balance between work and play is important.
- **They can prepare you for a career** by helping you to develop skills and potential that employers seek and provide exposure to vocational fields and can lead to a career choice.
- **They can aid in the transition** from your previous environment, be it high school, work or home life. Campus involvement can fill voids this change in your life may cause.
- **They give you "hands-on" opportunity** to experience what you learn about in class.
- **They help you build relationships** outside of the classroom with students, faculty, staff and community leaders. These supportive relationships can really help you persist in your studies when the going gets tough.
- **They can become lifelong interests** that enrich your life.
- **They can help you structure your time** and force you to be a better manager of your time.
- **They may help you develop leadership** and teach you "life skills" and organizational skills that you typically don't learn in a classroom.
- **They contribute to a sense of belonging,** self-worth and confidence. Involvement lets you test yourself in a "safe" environment and apply your classroom knowledge to real life situations.
- **They demonstrate the importance of teamwork** and communication in problem-solving and conflict resolution. Developing these skills will help prepare you for your professional life.