

# **DON'T CALL IT EXTRA... THIS IS CO-CURRICULAR!**

## *Campus Involvement*



Experts say that for every hour you are in a class as an undergrad, you should study three hours outside of class. So let's say you are taking the average course load of 12 credits. Technically you should be studying 36 hours a week.

### **Let's break this down:**

7 days a week x 24 hours = 168 hours a week

168 hours a week – 56 (based on an average of 8 hours a night!) for sleep = 112 hours left

112 hours - 20 hours a week for eating, bathroom time, etc. = 92 hours left

92 hours – 12 hours for class and 36 hours a week for studying = 44 hours!!!

Forty-four hours is a lot of time - almost 7 hours a day! How can you fill that time? The answer is simple: get involved in campus life! Getting involved in activities that are not just fun, but co-curricular, is an AWESOME way to become invested in the campus community, meet new people, and enjoy your college career. Leadership, communication, planning, and organization are just some of the talents and skills that various aspects of campus involvement will elicit and sharpen. There are lots of opportunities for involvement that will enrich your co-curricular experience. The following sections describe just a few of those opportunities.



## **STUDENT ORGANIZATIONS**

Student organizations cover a broad range of student issues, and ideals. You can select from the Underwater Hockey Team or Future Rocket Scientist of America! Common interests guide most student organizations. And if you don't find a group for a core interest area of yours, you could start one as getting a student group started is pretty easy. It usually requires a small group of committed students approaching the office that deals with student groups and going through the established protocol. Groups can fall into many different interest areas.

### **Here are just a few examples:**

- International groups
- Religious groups
- Academic groups
- Graduate student groups
- Special interest groups

## **PROGRAMMING**

Campus-wide programming is an exciting part of campus life that provides participation opportunities. Usually run by a student group or committee, various campus interactive events, concerts, educational programming and other events are researched, planned and executed by students. Programming can provide a high level of training in large scale events and collaboration with many campus offices and stakeholders.

### **Some possible committees and/or groups could consist of, but are not limited to:**

- Homecoming
- Welcome week
- Films
- Concerts
- Recreational activities
- Comedians



## **STUDENT GOVERNMENT**

Student Government is the voice of the student body and takes on issues and concerns of the students. Usually undergrad and graduate students are represented along with academic units and other interests. There are opportunities for involvement in committee work and other legislation. By becoming part of Student Government you can serve as a direct link for the student body to the university administration.

## **FRATERNITY AND SORORITY LIFE**

Fraternity and Sorority Life (often referred to as Greek Life) can be an exciting part of an undergraduate experience. Fraternities and Sororities contribute to campus life by sponsoring educational, philanthropic, and social activities for the University and surrounding communities. These organizations encourage high academic standards and provide opportunities for campus involvement, networking, and leadership development. These groups are values-based organizations that subscribe to very specific ideals. You can find many different kinds of Greek-lettered organizations ranging from traditional groups to those rooted in cultural values like Asian, Latino and African American heritage.

## **STUDENT MEDIA**

Do you like to write? Perhaps music or multimedia is your passions? Student Media is a great way to test your creative or inquisitive talents. Student newspapers, campus wide publications, and radio and TV stations are excellent ways to inform, motivate, or entertain your fellow students. Student Media is a great way to gain media knowledge and skills through experiential learning. You can be a news editor or writer for a journal magazine or the producer of a TV show on the campus network. All are great ways to meet new and interesting people!

## **ATHLETICS AND RECREATION**

For some, playing sports in high school was probably a great experience. Have you considered reigniting your passion and tapping into your competitive side to play some of those sports again? Recreational and intramural sports can give you that opportunity! The level of experience needed differs, but there is usually an opportunity for any level of play. Some teams travel and compete against other club teams from different schools. You can even create an intramural team with your residence hall buddies or friends and play in an intramural league.



### **Athletic options include, but are not limited to:**

- Basketball
- Football
- Tennis
- Track and Field
- Soccer
- Volleyball

There are so many options to choose from and each is a great activity to participate in. The choices can be overwhelming. It is important to figure out how much you can take on and how much of a commitment you are willing to make. Some of the above mentioned activities require a lot of time and others will take as much time as you are willing to give. Either way, available to you is a myriad of opportunities that will help you explore, learn, and have fun in the campus community.

### **GET INVOLVED**

I bet by now you are wondering, “How do I sign up?” or “How do I get more information?” The answer is easy! Visit the Student Activities or Involvement office on campus. Check out their website and the sites of the different groups. Campus professionals will be able to assist and point you in the right direction. Ask your friends what they are involved in and what opportunities are available. Check out the student newspaper and radio station. Keep your eyes and ears open for involvement carnivals and fairs. Attend programs, and above all else, ask lots of questions! The more you know, the easier it will be to pick and choose what you want to be a part of!

Remember, the time you spend outside of the classroom can be just as important as the time you spend in it! Choose wisely and ENJOY! So I ask you now...how will you fill your hours?

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