



SCHOLARS MENTORSHIP PROGRAM

ACADEMIC TRACK

Session 4: Academic and Extracurricular Activities

Ensuring Timely Graduation and Outstanding Achievements

Recap of Session 3

In the previous session, you learned the fundamentals of effective time management. You explored how to create a schedule, prioritize tasks, and overcome procrastination. By now, you should have:

1. Implemented a weekly schedule or planner.
2. Reflect on your time-wasting habits and made changes to improve productivity.

Reflection Activity

Take a moment to review how these strategies worked for you. What went well, and what challenges did you face? Use the table below to organize your thoughts.

What Went Well	Challenges Faced	Adjustments Needed
Example: Stuck to my study schedule.	Example: Struggled with distractions.	Example: Use "Do Not Disturb" mode.

Introduction to Session 4

Welcome to Session 4! This session is designed to help you master the balance between academics and extracurricular activities. By managing both effectively, you can build an impressive academic record while developing skills and experiences that set you apart.



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This session will guide you in:

1. Understanding the value of extracurricular activities.
 2. Improving your study habits with practical strategies.
 3. Achieving balance to ensure timely graduation and outstanding achievements.
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The Value of Extracurricular Activities

Participating in extracurricular activities is more than just fun, it's a way to grow personally and professionally.

1. Enhancing Communication and Leadership Skills

When you join clubs, participate in events, or lead a project, you develop essential communication and leadership skills. Whether it's giving a presentation or managing a team, these skills will prepare you for future opportunities.

2. Building Teamwork and Collaboration

Extracurricular activities often involve working with diverse groups. Learning to collaborate and respect different perspectives is invaluable in academics and professional life.

3. Encouraging Personal Growth and Exploration

Extracurriculars allow you to explore new interests, discover hidden talents, and build a well-rounded skillset.

Activity: Brainstorm Extracurricular Options

List at least five extracurricular opportunities available at your university or in your community.

Examples:

- Academic clubs (e.g., debate, programming).
- Volunteering (e.g., community service groups).
- Sports teams or fitness programs.



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- Creative arts (e.g., music, theater).

Next, identify two you'd like to explore and why they interest you.

Extracurricular Activity	Why It Interests You
Example: Debate Club	Improves public speaking and critical thinking.
Example: Volunteering at a Shelter	Helps give back to the community.

Balancing Academics and Extracurriculars

Revisit Time Management

Remember the time management strategies from Session 3? Now, let's integrate them with extracurricular activities. Balancing academics with extracurriculars requires good planning. Use the time-blocking method you learned in Session 3 to allocate time for your classes, assignments, and chosen activities.

Focus on High-Yield Activities

Not all activities are created equal. In your studies, prioritize methods that give the best results, such as:

- Practice problems for technical courses.
- Self-quizzing for memory-based subjects.
- Group discussions for understanding complex topics.

Set Realistic Goals

When committing to extracurriculars, ask yourself these questions.

1. Do I have enough time to dedicate to this without affecting my studies?
2. Does this activity align with my personal or professional goals?



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Academic Support Resources

Your university offers a wealth of academic support resources to help you excel. Leverage the support systems available at your university:

1. Tutoring Centers

Get personalized assistance with specific subjects or challenging concepts.

2. Writing Labs

Develop strong academic writing skills for essays and reports.

3. Academic Advisors

Seek guidance on course selection, major exploration, and navigating academic requirements for timely graduation.

4. Study Skills Workshops

Workshops teach practical strategies for effective studying, note-taking, and exam preparation.

Activity: Explore Resources

1. Identify three academic support resources you haven't used yet.
2. Write down how each resource could help you.
3. Commit to trying at least one before the next session.

Resource	How It Can Help Me
Example: Writing Lab	Improve my essay structure and grammar.
Example: Tutoring Center	Get help with calculus problems.



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Effective Study Strategies

To excel academically, adopt study techniques that match your learning style:

1. Note-Taking Methods

- **Cornell Method**

Divide your page into sections for notes, cues, and summaries. Organize notes into key points, cues, and summaries.

- **Mind Mapping**

Create a visual representation of information to show relationships between concepts.

- **Outlining**

Structure notes with headings and subheadings.

2. Study Techniques

Best Studying Methods are highlighted in the table below.

Technique	How It Works
Pomodoro Technique	Study in focused intervals (e.g., 25 minutes on, 5 minutes off).
SQ3R Method	Survey, Question, Read, Recite, Review—a comprehensive approach for retention.
Spaced Repetition	Review material at increasing intervals to improve long-term memory.
Study Groups	Enhance learning through discussion, explanation, and mutual support.



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Activity: Evaluate Your Study Habits

1. Reflect on your current study methods. What's working? What isn't?
2. Pick one new technique to try for a week.
3. Record your experience and results to share in the next session.

Current Study Method	What's Working?	What's Not Working?	New Technique to Try
Example: Highlighting	Helps identify key points.	Doesn't improve retention.	Cornell Method.

Maintaining Balance

Maintaining a healthy balance between academics and extracurriculars can be challenging. Here are some tips to maintain the balance.

1. Prioritize Tasks

Prioritize tasks, create a realistic schedule, and utilize time management tools from Session 3.

2. Learn to Say No

It's okay to decline activities if they overwhelm your schedule. Distinguish between urgent and important tasks. Learn to say no to additional commitments if your schedule is full.

3. Stay Healthy

Prioritize enough sleep, healthy eating, and regular exercise to maintain physical and mental well-being.



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Ensuring Timely Graduation and Outstanding Achievements

1. Academic Planning

Plan your coursework ahead to meet graduation requirements. Revisit the academic goals you set in Session 2. Are you making progress?

2. Monitor Progress

Track your grades and seek help when needed. Don't wait until the last minute to address challenges.

3. Utilize Resources

Don't hesitate to leverage available resources like tutoring, study groups, and academic workshops.

Activity for Next Session

As we prepare for **Session 5: Developing a Career Plan**, do the following:

1. Research career paths that align with your interests.
2. Find one professional or alumni in your field to learn from (via LinkedIn, events, or your university network).

Feedback

After each meeting, please complete the mentee feedback form to share your experience and suggestions. Your input is valuable in improving the program.

Mentee feedback form: [Feedback Form Link](#)