

At this point, I am sure you know what an extracurricular activity is.  
Well simply put, they are the things that you do outside of the classroom.

They are the clubs and groups and Organizations that you're involved with.

Often these are the activities you enjoy the most.

There are many different kinds of extra curricular activities.

There are :

College activities :

Sports team

Special interest club

School newspaper

Music groups

Student government

Community activities:

Community theatre

Music and art

Scouting troops

Local sports club

Work related activities:

Internships

Summer jobs

Part time work

Babysitting

Helping out around your society

World of volunteering:

tutoring school kids

Helping out at the animal shelter

Raising funds for charity

So why are all these types of activities so important?

Well The answer is simple, because what you do in your free time reveal a lot about YOU.

They help you explore yourself and all the possibilities that are open to you in ways that all the grades and test scores cant.

Your accomplishments outside the classroom show what you are passionate about.

Give insight into your character and

Demonstrate that you have qualities valued by companies, institution, or even peers.

Here are a few examples:

Serving in student council shows that you have LEADERSHIP skills

Doing volunteer work at the hospital shows that you are dedicated to helping others

Working a part time job and also keeping your grades up shows that you are responsible and can manage your time.

Extracurricular activities can benefit students greatly through their personal lives and well being. Studies show that, students that are involved in extracurricular activities, such as sports or clubs, are generally healthier than those who do not participate and are able to concentrate and focus better than those who do not participate. Its also a great opportunity to raise a student's self esteem and self awareness. Making them well rounded in forming social relationships and increasing overall intellectual intelligence.

Now on a separate note:

Extracurricular activities on resume put a positive notion before the interviewers.

It strengthen your bio-data when you lack adequate work experience. and can come very handy while you are switching career or changing job, It will give you a slight edge over your competition in the huge market. It is also a great chance to demonstrate to the interviewers that You are a complete person with interests beyond just grades and test scores.

What you choose to do with your free time speaks volumes about what you value in life and that's why they are so important. And why you need to start thinking about them now while you still have the time.

Thank you