**CHAPTER V**

**SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

This chapter presents the summary, findings, conclusions and recommendations of the study.

**Summary**

This study aimed to determine the impact of extracurricular activities to the academic performance of the student as a basic for developing the skills and the abilities of a student. Specially to determine the factors affecting the failure of the students in their academics. The researchers put the advantages and disadvantages to help the grade 10 students on how to improve their performances; and balancing their time between extracurricular activities to their academic performances.

The study is qualitative with researchers made interview as the instrument of the study. The interview was conducted to 20 student respondents for the questioning about the effects or impacts of extracurricular activities to their academic performance. Interview analysis were used to gather and treat data.

**Findings**

1. The impact of too much extracurricular activities are enhancing, developing, and exploring the skills and abilities of the students, but it also has an impact on time management issues.
2. The way for students to improve their study is by managing their time.

**Conclusions**

Based on the findings, the following are concluded:

1. The impact of too much extracurricular activities are either positive and negative. It has positive effect on their personal but when it comes to their academic it is a negative effect.
2. There are many ways that can be done to improve their time management issues like prioritization, balancing, and many more.

**Recommendations**

1. The school should give considerations to the students who always participate in the different extracurricular activities.
2. The school should give chances to the other students to develop their skills.
3. The teachers should understand and consider the situation of the students.
4. The students should know how to manage their time in participating their activities and attending to their classes.
5. The students should know what they will prioritize and where they will focus on.

**Acknowledgement**

The researchers would like to thank the following persons for the helping, teaching and coaching us to finish our research.

Christ the King College, for giving the researchers a chance to conduct this study inside the campus.

Mrs. Rosadelima Dacumos, for all the meaningful advises she shared to the researchers and most importantly for all the mentoring in doing this research.

To all the respondents for giving up a little bit of their precious time just to answer questions asked by the researchers.

To the researcher family, for the inspiration to always achieve everything despite frustration.

Most importantly to God Almighty King for the strength he gave the researchers to finish this research.

**DEDICATIONS**

This study is dedicated to all the grade 10 students who have problems in balancing their time between extracurricular activities and academic performances. For them to be aware on managing their time and learn how to focus on their academics. The researchers also want to dedicate this to the teachers for them to be also aware on the struggles of the students especially on balancing and managing their time.

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**Education**

**Highschool**

* Christ the King College San Fernando City, La Union Inc. (2015-present)

**Elementary**

* Catbangen Central School (2007-2015)

**Achievements in School/Honors and Awards**

* PYM choir active member (Grade 8)
* Active Catechist (Grade 9)

**On Campus Involvement**

**Highschool**

* Intramurals-Yell (Grade 8,9&10)
* Sci-math Jingle (Grade 9)
* Buwan ng Wika- Sabayang Pagbigkas (Grade 8)
* Nutrition Month Cookfest (Grade 8&9)

**Elementary**

* Science Festival Sayaw Contest (Grade 5&6)
* Buwan ng Wika Sayaw Contest (Grade 5&6)
* Math Quiz Bee (Grade 1,2&3)

**Off Campus Involvement**

**Highschool**

* Catechism (Grade 9)
* Recollection (Grade7,8,9&10)

**Elementary**

* Girl Scout Training (Grade 5)
* Girl Scout Camping (Grade 6)
* Drum and Lyre Parade (Grade 5.6)
* Coastal Clean Up (Grade 5)

**Skills**

* Communication
* Creativity
* Writing Skills
* Computer Skills
* Time Management
* Self-motivation
* Quick Learner

**Research**

* SIP (Grade 7,8,9&10)
* Epekto ng Pagkakaroon ng “Broken Family” sa Mag-aaral (Grade 9)

**Narrative Report**

As a leader, I lead my groupmates to do our research and I’m telling them what

they need to do. I divide fairly the work and I ensure that they can handle the tasks that are given to them. I also did my work and make sure that I can finish it when my groupmate will print our research. I tried my best to do my task even though it is a bit hard and complicated. I manage to be fine so that my groupmates will not worry and stayed focus on their work. I also tried my best to release the worries and negative thinks that are inside of them because I know as a leader I should be the one to lift them up and cheer them up when they are falling because of our research.

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**Education**

**Highschool**

* Christ the King College

**Elementary**

* Paringao Elementary School

**Achievements in School/Honors and Awards**

**Highschool**

* Pammigbig Sinagtala Award
* Pammigbig Himig Award

**Elementary**

* Top 8th Honor
* Most Trustworthy
* Most Polite
* Best in Singing

**On Campus Involvement**

* None

**Off Campus Involvement**

* Badminton

**Skills**

* Can Sing, Dance & Act
* Good in Arts
* Can Experiment a Food
* Can play badminton

**Research**

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**Achievements in School/Honors and Awards**

**Highschool**

* Active member of Pluma

**Elementary**

* Rambak

**Skills**

* Playing all the instruments
* Singing

**Research**

* SIP
* Filipino Research (Grade 9)
* English Research (Grade 10)

**Narrative Report**

As a member, I tried my very best to finish what our group leader will assign to me. As a result, I did very well in creating the research design and acknowledgement. I also did contribute something in making the assumptions and statement of the problem.