



# GET INTO COLLEGE

Useful Advice From



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## IECA<sup>+</sup> Counselor's Corner



Here are a couple of things to keep in mind when you consider which activities to get involved with. First, choose an activity or two that you have a genuine interest in. Don't choose it because you think it will look good for college. Too many students today think about this first, before considering their genuine interests. This is your time that you're spending, so spend it on something you've wanted to try but the opportunity wasn't easily available. Maybe you have a hidden talent (i.e., writing for the school literary magazine, trying out for a sport you've always wanted to play, or auditioning for a part in a play)! There's a person I've known for a long time whose dream was to play on his high school baseball team. He didn't have good eye/hand coordination, but a very astute coach watching the tryouts that day, noticed this young man could run. The coach put his arm around the young man and invited him to try out for the track team. Forty three years later, after running Division I Cross Country in college, running is still this man's passion.

Second, don't overload yourself with too many commitments. Students today think they need to be involved in everything. You don't! The end result is stress and burnout. The depth and breadth in a couple of activities pursued during your high school years say more about your commitment than a laundry list of many. Your high school years are supposed to be a time of self discovery, learning and fun. So challenge yourself to try something new. It may just turn out to be a passion! There's also another possible benefit - a whole new set of friends!

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