

ACADEMIC ACHIEVEMENT AND EXTRACURRICULAR ACTIVITIES

by:

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Since they provide students with chances outside of the traditional classroom, extracurricular activities have long been a vital component of education. These pursuits are not only diversion; rather, they are essential to the development of a fully-rounded person. A noteworthy feature of this complex influence is the favorable relationship between extracurricular activity involvement and academic achievement.

According to Nathan (2023), students who participate in extracurricular activities outside of their academics tend to have higher grades, better exam scores, and more favorable educational experiences overall, making extracurricular activities a wise investment in your future. Participating in extracurricular activities develops a variety of abilities that are helpful in a variety of real-world situations and have a substantial positive impact on academic performance. For example, playing sports develops discipline, time management, and teamwork—qualities that are unquestionably beneficial in academic endeavors. Participating in extracurricular activities helps students build a strong work ethic, which naturally translates to their academic obligations.

Additionally, extracurricular activities give children a place to discover and grow in their interests and talents. Students develop a feeling of identity and purpose through various activities such as debate clubs, music, and the arts. Academic motivation is directly impacted by this sense of purpose. When students are enthusiastic about their extracurricular activities, they frequently show this excitement in their academic work as well, seeing school as a tool to help them achieve their objectives and fulfill their passions rather than as a duty.

Participating in extracurricular activities also helps students develop holistically. Club participation, volunteer work, and leadership positions develop social skills, emotional intelligence, and a sense of accountability. These attributes foster an atmosphere that is favorable for academic achievement in addition to enhancing the educational process as a whole. Learners with a well-rounded social and emotional development often handle academic problems with greater effectiveness, exhibiting perseverance in the face of failures and better interpersonal interactions with teachers and classmates.

Additionally, involvement in extracurricular activities can improve particular academic skills directly. Students who participate in scientific or math clubs, for instance, may find that their problem-solving skills improve, which will positively impact their scholastic achievement in related courses. Comparably, students who participate in language or literary clubs may experience increases in their communication and critical thinking abilities, which will help them in their academic pursuits.

There is a mutually beneficial relationship between extracurricular activities and academic achievement. These interests are complementary to one another rather than antagonistic, making for a well-rounded educational experience. Recognizing the importance of extracurricular activities in developing students who not only thrive academically but also become self-assured, socially adept, and resilient members of society is crucial, as educators and parents together support academic accomplishment. By striking a balance between the two, educators can make sure that their students thrive both within and outside of the classroom, where they will encounter a wide range of possibilities and difficulties.

References:

Nathan, D. (2023). The importance of extra-curricular activities. Prospect UK. Retrieved from <https://www.prospects.ac.uk/applying-for-university/university-life/the-importance-of-extra-curricular-activities>