



# HAYWARD HIGH SCHOOL

# AVID

# COMMUNITY SERVICE AND EXTRACURRICULAR ACTIVITIES BOOKLET

## **REMEMBER!!!**

1. Community Service and Extracurricular Activities make up a total of 5% of your AVID grade each term.
2. You must complete at least 8 hours of community service for the Fall term and another 8 hours for the Spring term.
3. You must complete at least 8 hours of extracurricular activities for the Fall term and another 8 hours for the Spring term.
4. The completed logs and any verification letters (if necessary) are due the last regularly scheduled Friday of each term and will not be accepted late.

## COMMUNITY SERVICE AND EXTRACURRICULAR ACTIVITIES

Universities look for well-rounded applicants and will often favor a student who was involved consistently in a handful of clubs and organizations throughout their high school career. The key to this assignment is that you choose a limited number of community service programs and clubs/extracurricular activities and COMMIT YOURSELF COMPLETELY.

As a Freshman, you may be involved a variety of community service opportunities, clubs, and activities; as a Sophomore, you must limit your involvement to things which you truly enjoy and/or feel strongly about. By your Junior and Senior years, you will have committed yourself to 2-3 community service opportunities, clubs, and extracurricular activities that you do consistently. Ideally, you will eventually take leadership positions in the activities in which you are involved. Finally, as a high school student, you should take advantage of the huge variety of activities on campus. Hayward High has tons of activities you can attend, from Down Town Rally to dances to Spirit Week to Hay Day--be sure to get your homework done and then go enjoy yourself!

Remember--universities look more highly upon CONSISTENT and COMMITED involvement NOT superficial over-involvement.

### DEFINITIONS

**Community Service** → Community Service Activities are volunteer activities that you complete with a valid community organization. Hayward Youth Commission prints a pamphlet each year of a variety of organizations that need your help. All activities must be logged on the attached log or verified by a letter on the organization's letterhead that is signed by the head of the organization. A few other ideas are listed below:

- Join Interact Club or Key Club and complete community service activities through the clubs.
- Participate in a City of Hayward clean-up day (Keep Hayward Clean & Green).
- Volunteer consistently to help an approved teacher or staff member (you must get your AVID teacher's approval for this option).
- Join Hayward Youth Commission.
- Check out the Hayward Library, Retirement Communities, Animal Societies, or schools to see if they need help.
- View a list of other volunteer opportunities under "Volunteerism" at [www.haywardhigh.net](http://www.haywardhigh.net).

**Extracurricular Activities** → Extracurricular activities are activities that you complete *outside of the regular school day* (yes, lunch is technically outside of the regular school day). For example, you may be a member of a club, sports team, or other student based organization for which you do not earn class credit. Activities such as HayPress, Yearbook, Leadership, and basic Band courses are within the regular school day and do not qualify as extracurricular. Below is a list of automatically approved activities. Any activity outside the parameters listed below must have the prior approval of your AVID teacher before you complete it for credit.

- Join a Hayward High club (Club AVID, hint, hint) and attend at least 12 club meetings each term. Log the meetings for credit!
- Join a Hayward High sports team, attending all of the related practices and games throughout the season. You must attach a game schedule signed and dated by your coach at the end of the season to earn credit for this option.
- Be a part of Marching or Pep Band OR extended Leadership class responsibilities. For this option, you must have the prior approval of your AVID teacher and you must also log each event on the attached logs or provide an official letter of verification from the advisor. All events must take place outside of the normally scheduled school day.

For each activity, one of the lines of the table below must be filled out. Carry this sheet with you as you will need advisors' and supervisors' signatures.



