

# what are the BENEFITS?

## academics...

Activities are not a diversion; they are an extension of a good educational program. Students who participate tend to have higher grade point averages and better attendance while are less likely to dropout or have discipline problems



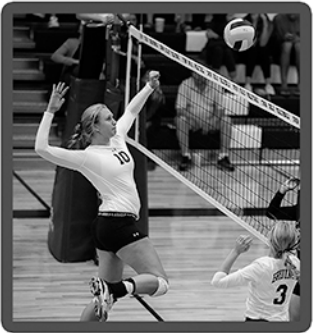
## practical skills...

Activities provide valuable lessons and skills - like teamwork, fair play and hard work - for practical situations. Students learn self-discipline, build self confidence and develop ways to handle competitive situations.



## health and wellness...

Mental and physical health are improved through activities. Self-concept, self-image, physical activity and weight management are a few of the health benefits realized through activity participation.



## future success...

Participation is often a predictor of later success as college students and productive citizens.

