EXTRACURRICULAR ACTIVITIES

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Traditionally, students are honed inside the four walls of the classroom through endless exercises of reading text, writing compositions, doing experiments, analyzing and solving mathematical problems. They spent most of the time doing homework, making necessary requirements or project and preparing for upcoming examinations. Beyond this, they can also learn through other ways like joining and participating in extracurricular activities.

According to Dr. Howard Gardner, schools and culture focus most of their attention on linguistic and logical-mathematical intelligence. (http://www.institute4learning.com) We forget that students can be intelligent in another way and can grow in different means.

Participating in extracurricular activities is the perfect avenue to sharpen our pupils holistically. Here is where they can apply their learnings and measure how far they can go with what they learn. These include school organizations like newspaper or student government and different types of clubs such as sports, chorale, dance, theatre or band. Joining competitions is also part of it. Engaging themselves in extracurricular activities help students to be nurtured in different aspects. While school children enjoy doing their interests, their corresponding abilities are developed. In addition to, the social development also takes place as they mingle with others in the club or organization. Moreover, they gain confidence and improve their self-esteem.

While extracurricular activities have lots of advantages, engagement with them may also bring negative effects when too much. Time comes that students neglect their
major priorities in schooling. They focus more into them that they forget doing homework, submitting projects or reviewing for exams. As a result, they get low grades or the worse is they fail. They even lose time communicating to their family.

There are many things that may be advantageous but when improperly handled can be destructive. Moderation is the key for students not to be misled. Guidance and counselling is the best way to lead them to the right path. Extracurricular activities are part of the curriculum which directs towards the overall development of the students. What teachers needs to do is show them the best options that will help them be enlightened what is right or wrong and realize the pros and cons of their actions. Always remember they are just extra and not the main priority of studying.

Reference: