What Is The Academic Value of Non-Academic Or Extra Curricular Activities?

By: AGOSTO J. GABAYA
LIMAY NATIONAL HIGH SCHOOL

Kronholz (2012) posited that the U.S. Department of Education collected data on extracurricular activities ten years ago and found that more than half the country’s high-school sophomores participated in sports, one-fifth were in a school-sponsored music group, and that cheerleading and drill teams, hobby, academic, and vocational clubs each drawn in about 10 percent of kids.

Varied researches showed that students participating in various non-academic activities tend to perform better in the academics. Specifically, there have been studies done to assess the implication of particular extra-curricular activities to the academic performance of students

Stephen and Schaben(2002) stated that a study revealed that students who participate in co-curricular activities are three times more likely to have a grade point average of 3.0 or better than students who do not participate in any co-curricular activity.

So, is there a link between academic performance and non-academic activities? Which is which? Did students who joined extra-curricular activities become good students, or did good students join extra-curricular activities?

With a number of social science research, findings about extra-curricular are not always constant or conclusive. For instance, you cannot just randomly assign students to basketball. However, some researchers persist there is a cause-effect relationship between activities and academic success and not just the other way around.

One study is that made by Margo Gardner (2012), a research scientist at Columbia University’s National Center for Children and Families (NSCF). Using data from the 1988 National Education Longitudinal Study (NELS), and controlling for poverty, race, gender, test scores, and parental involvement, he has calculated that the chances of attending college were 97 percent higher for students who took part in school-sponsored activities for two years than for those who did not do any extra-curricular activities.

Also, Simon’s (2001) research also associates with this finding where he reported that “volunteering activities positively influenced student grades, course credits completed, attendance, behavior, and school preparedness”

References: