

QUICK TIPS

TIPS FOR SUCCESSFUL INVOLVEMENT

- * Talk with your academic advisor about organizations that they advise.
- * Get as much information about a group before you join.
- * Learn to say "no" when you need to.
- * Know your personal interests and limits.
- * Be selective about the groups you join; remember your goals!
- * Join a committee in the organization you choose.
- * If you have concerns about a group you have joined, visit a CSI staff member to discuss your situation.

Involvement requires initiative on your part.

Learn about the opportunities available to you and take the necessary steps to **GET INVOLVED!**



Tips on Leadership
Development for
INDIVIDUALS

GETTING INVOLVED

TIGER BITS is a publication of the Center for Student Involvement. Copies available in the CSI, lower level rm. 014, FHSU Memorial Union, Fort Hays State University 628-4664.



CSI staff offer programs and consultation in these and other areas of personal and organizational leadership.

Information adapted from the Student Organization and Leadership Development Center at The University of Kansas

GETTING INVOLVED

Involvement is participating in college-related activities outside of the classroom and benefiting from that co-curricular experience. It rounds out the academic experience with new skills and opportunities. Involvement may be playing an intramural sport, working in a community agency, or participating in activities within your residence hall, or Greek life. Students get involved in many ways and for a variety of reasons—what is important is to find the activity that best suits you!

What's in it for you?

Students get involved for different reasons based on their individual needs and desires. What they receive varies with their individual contribution but most students say they receive great personal dividends. Five of the most common reasons student get involved are:

1. growth
2. recognition
3. achievement
4. participation
5. enjoyment

What involvement is best for you?

With so many choices, it might be difficult figuring out which involvement opportunity fits your needs and desires. The first step is to ask yourself the following questions:

- What have I been involved with in the past?
- Why did I get involved in those particular opportunities?
- What benefits did I get from those involvement experiences?
- Are there new types of involvement opportunities I would like to explore?

If you want help answering these questions, stop by the Center for Student Involvement Memorial Union LL-014 and let us help you!

Goal setting is the next step!

Establish personal goals and then decide how you will reach those goals through your involvement experiences. Select activities that will help you reach your goals. Some possible sources of information are the Center for Student Involvement, student organizations, your residents hall, your academic advisor, your fraternity/sorority, the campus master calendar (www.fhsu.edu/calendar/), or your friends.

Once you know what type of involvement you are looking for, put a plan together to take that first step. Some suggestions are:

- Talk to your academic advisor or the advisor of one of the organizations.
- Find out as much as possible about the organization by asking the staff at the Center for Student Involvement, the organization's President, advisor, or asking other students.
- Go to a meeting with a person already involved in the organization.
- Grab a friend and go to a meeting together. If you can't find anyone who wants to go, go by yourself.

Why get involved?

—SUCCESS!

Alexander Astin, an educator at UCLA, researched 200,000 students and determined that success in college is related to involvement (Achieving Academic Excellence, 1985). Astin defines involvement as including:

- Living on campus
- Working on campus
- Being involved in campus activities
- Having significant interactions with faculty, staff, administration or peers
- Being involved in research or other close relationships with professors.

According to Astin, students involved in one or more of these areas tend to be more successful in college. Even if you don't live or work on campus, there are many opportunities for you to explore to help enrich your college experience.

Do I have the time?

There is still time available for co-curricular involvements that will enhance the classroom experience. Below is a time breakdown for a student:

Total hours in a week:	168
Sleeping (8 hrs/day)	56
Eating (2 hrs/day)	14
Personal grooming (1 hr/day)	7
Class time (15 credit hrs)	15
Studying (2 hrs/credit)	30
Miscellaneous (cleaning, etc.)	7
Part-time job	20
Total hours	149

Total hours available 19

There are many opportunities at Fort Hays State University that will allow you to use this time to its fullest potential. GET INVOLVED!

Stop by the Center for Student Involvement, LL014 of the Memorial Union or visit www.fhsu.edu/stuorg for a list of student organizations.

