

QUICK TIPS

Students will usually want to be involved in non-classroom activities while in college. Most students will find that even with 15 credit hours of class, 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 (7 hrs/day)	49
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.)	14
Total hours	129
Total hours available	39

There are many opportunities at the University of Kansas that will allow you to use this time to its fullest potential. GET INVOLVED!

CLUBS & GROUPS

ACADEMIC	RELIGIOUS
RECREATIONAL	SERVICES
CULTURAL	SOCIAL
GOVERNMENTAL	
HONORARY	
POLITICAL	
SPECIAL INTEREST	

LIVING GROUPS

FRATERNITY & SORORITY
RESIDENCE HALL
SCHOLARSHIP HALL
JAYHAWKER TOWERS

CAMPUS JOBS

SEE THE JOB BOARD AT THE
UNIVERSITY CAREER &
EMPLOYMENT OFFICE IN THE
BURGE UNION.

CAMPUS ACTIVITIES

STUDENT UNION ACTIVITIES
STUDENT SENATE
CONCERTS, PLAYS, MUSICALS
LECTURES
KU ATHLETIC EVENTS
RECREATION SERVICES

**LEADER
BITS** are available on
the following topics:

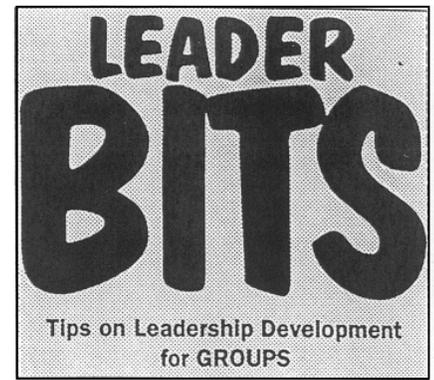
- Advising Groups
- Agendas
- Assertiveness
- Brainstorming
- Co-Sponsorship with Other Groups
- Communication
- Community Service
- Conflict Resolution
- Constitution/Bylaws
- Delegation
- Difficult Members
- Elections
- Ethics
- Evaluation Series
 - Group Performance*
 - Individual Performance*
 - Meeting Evaluation*
 - Program/Event Evaluation*
- Financial Series
 - Budgeting Organization Money*
 - Corporate Sponsorship*
 - Fundraising*
- Getting Involved
- Goal Setting
- Group Dynamics
- Icebreakers
- Marketing Your Leadership Skills
- Meetings
- Minutes from Meetings
- Motivation
- Newsletters
- Officer Transition
- Parliamentary Procedure
- Program Planning
- Public Speaking
- Publicizing Events
- Recognition
- Recruiting Volunteers
- Retreats
- Starting an Organization
- Stress Management
- Team Building
- Time Management
- University Events

LEADER BITS

is a publication of
the Student Involvement &
Leadership Center (SILC). Copies
are available in SILC, 400 Kansas
Union, 864-4861.

SILC staff offers programs and
consultation in these and other
areas of personal and
organizational leadership.

Revised: June 2005
The University of Kansas



G
E
T
T
I
N
G

I
N
V
O
L
V
E
D

GETTING INVOLVED

GETTING INVOLVED

BENEFITS*

Learn new skills/enhance current skills, self-confidence, organizational skills, interpersonal skills, public speaking, time management, etc.

Meet people

Gain knowledge, explore hobbies

Participate in Community Service

Develop support group/friends

Explore career options, resume builder, business contacts, seek out career opportunities

Gain Recognition

Make the university smaller

Find your "niche"

* Involvement is a proven key to success in college. Students are more likely to stay in school and graduate if they are involved with people and events outside the classroom. (Austin, 1984)

STEP 1: ASSESSMENT

How have I been involved in the past?

Why did I choose those organizations?

What benefits did I receive from my involvement?

What kind of involvement am I looking for now?

STEP 2: RESOURCES

Student Involvement & Leadership Center (SILC), 400 Kansas Union

Organization Information Fairs (sponsored each semester by SILC)

Student Union Activities (SUA) in the Kansas Union

University Information Center (KU INFO); 864-3506

Newspaper- University Daily Kansan

Academic Adviser or other campus faculty and staff

Friends, acquaintances and classmates

Resident Assistant (RA) / Floor and Hall Officers

Fraternity or sorority chapter officers

STEP 3: GO FOR IT:

Pick up a list of organizations in the SILC and contact those that interest you and prioritize them. Determine how much time you have to devote to a group and decide which of the organizations will fit best with your schedule. Think about your goals and skills you want to develop; determine how these groups can help you reach goals and gain skills. Take a friend to the meeting. Go to meeting with a current member. Get involved in your living group by becoming a floor/chapter officer.

TIPS FOR SUCCESSFUL INVOLVEMENT

Talk with your adviser about academic clubs. Get as much information about group before you go to a meeting. Learn to say "no" when you need to. Don't overextend yourself. Be selective about the groups you join; remember your goals! Join a committee in the organization you choose. If you are unhappy with your experience, leave the group. If you feel pressured to stay in the group, visit an SILC 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!**