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:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total hours in a week:</td>
<td>168</td>
</tr>
<tr>
<td>Sleeping (7 hrs/day)</td>
<td>49</td>
</tr>
<tr>
<td>Eating (2 hrs/day)</td>
<td>14</td>
</tr>
<tr>
<td>Personal grooming (1 hr/day)</td>
<td>7</td>
</tr>
<tr>
<td>Class time (15 credit hrs)</td>
<td>15</td>
</tr>
<tr>
<td>Studying (2 hrs/credit)</td>
<td>30</td>
</tr>
<tr>
<td>Miscellaneous (cleaning, etc.)</td>
<td>14</td>
</tr>
<tr>
<td>Total hours</td>
<td>129</td>
</tr>
</tbody>
</table>

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 Services
- Recreational Services
- Cultural Social
- Governmental
- Honorary
- Political
- Special Interest

**LIVING GROUPS**

- Fraternity & Sorority
- Residence Hall
- Scholarship Hall
- Jayhawkers 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

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**LEADER BITS**

- 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
- 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

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*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
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!