

The Value of Extracurriculars

Why Extracurriculars Matter

- Holistic development: academic, social, emotional, and physical growth
- Helps teens discover passions and talents
- Builds a strong homeschool portfolio for colleges and scholarships
- Promotes time management and commitment

What Counts as an Extracurricular?

- Sports (rec leagues, homeschool teams, martial arts, etc.)
- Music, theater, visual arts
- Clubs (chess, robotics, coding, debate)
- Volunteering or community service
- Internships or jobs
- Entrepreneurial ventures

Extracurriculars and College Admissions

- Colleges seek well-rounded and passionate students
- Leadership roles stand out
- Demonstrates initiative, creativity, and responsibility
- Use the Common App Activities section wisely

Building a Balanced High School Plan

- Start with interests and family values
- Explore before committing
- Balance rigor and enrichment
- Keep records (hours, outcomes, roles, impact)

Social Benefits for Homeschoolers

- Opportunities for teamwork and peer interaction
- Practice communication and collaboration
- Develop confidence and leadership skills
- Reduces isolation, builds community

Real-Life Examples

- Alexandra: homeschooled athlete scouted for D1 soccer at Liberty University
- Nathaniel: conservation project through Virginia Soil and Water Conservation
- Nickolaus: Eagle Scout recipient with a \$50K annual college grant

Free or Low-Cost Opportunities

- Library programs and teen councils
- Volunteer with churches or nonprofits
- Community center art, drama, or STEM classes
- Online competitions or challenges (e.g., writing, science fairs)

Entrepreneurial and Career Paths

- Start a business or Etsy shop
- Freelance writing, photography, tutoring
- Youth entrepreneurship challenges
- Job shadowing or part-time jobs

How to Record Extracurriculars

- Use a homeschool transcript addendum
- Create an activity log or resume
- Note awards, outcomes, hours, and leadership
- Include photos, recommendation letters, or portfolios

Parent Tips for Support

- Help your teen brainstorm and try new things
- Seek homeschool co-ops or community resources

- Encourage perseverance and growth mindset
- Celebrate small milestones along the way

Final Encouragement

- Extracurriculars are a gateway to growth-not just checkboxes
- Every homeschooler's path will look different-and that's okay!
- Be creative, be bold, and let them lead the journey

Resources

- Website: www.natalie-mack.com
- Email: hello@natalie-mack.com
- IG | FB | TikTok: @HomeschoolNatalieMack
- YouTube: <https://www.youtube.com/@natalie-mackhomeschool>

Notes

Use this space to jot down ideas or examples that apply to your teen:
