Student Example
BCS 0
Persuasive Speech

I. Many here, if not all of us, have been in some extracurricular activity. Whether it be a sport or school club to your youth group at church, we have all experienced some sort of club. The reason I am here before all of you is to persuade you that requiring the students to join an extracurricular activity while going through schooling is a positive action that schools should take. Today I will be speaking of what an extracurricular activity is seen to be, requiring students to join, and the benefits that students receive when involved in extra activities outside of their academics.

II. Body

A. Extracurricular Activities

1. According to "Extracurricular Activities Allow Teens to Gain Social Skills" edited by Jennie Kelley, extracurricular activities will teach busy teens necessary social skills and how to manage their time appropriately.
    a) Gain organization skills
        (i) Time management
    b) More likely to designate time for studying
2. More than just school related activities:
    a) Youth group or church related events
    b) Volunteering
3. Time consuming
    a) Long hours
        (i) Club or activity
        (ii) Homework
    b) Less time for relaxation
4. Gaining the skills to form a schedule
    a) Students gain the skills to plan ahead
        (i) Beneficial for future jobs/college

B. Requiring students to join

1. "Join the Club: Effects of Club Membership on Japanese High School Students", written by Thomas Blackwood and Douglas C. Friedman states, that extracurricular activities are believed to be important parts of education in Japan.
    a) Japanese students devote
        (i) Time
        (ii) Energy
    b) Findings demonstrate
        (i) More positive self-concepts
2. Also stated by, Jennie Kelley, in "Extracurricular Activities Allow Teens to Gain Social Skills", students within quickly learn that slacking off when you're not in a group only will only impacts you, but when working in a group, if you slack off it impacts everyone.

a) Impacts individual: grades
b) Impacts group: a project, activity, etc.

3. Betters Relationships
   a) Create lifelong relationships
      (i) New friends
   b) Can improve sociability
4. Can cause emotional stress
   a) In "Japanese Adolescents' Free Time" written by Nishino, Hitoshi, it states that all of the activities and academics that Japanese students do can cause pressure on the students
      (i) Negative emotional states
      (ii) Have little to no free time
5. Again, time management
   a) With joining a activity you learn:
      (i) Organizational skills
      (ii) Planning ahead

C. Benefits of joining
1. According to "College Extracurricular Activities" edited by James Guthrie, almost any time of involvement can be beneficial to the student and can positively affect a student's learning and developing habits.
   a) Impacts:
      (i) Emotional
      (ii) Intellectual
      (iii) Social
      (iv) Interpersonal development
   b) Students Gain:
      (i) Confidence
      (ii) Autonomy (independence or freedom)
      (iii) Appreciation; similarities and differences
2. Students learn:
   a) Time management, as stated before
      (i) Homework, free-time, etc.
   b) Critical thinking
   c) To be more open to:
      (i) Similarities and Differences
3. According to Extracurricular Activities Allow Teens to Gain Social Skills, colleges tend to look for people involved in extracurricular activities.
   a) Community service, clubs, etc.
   b) Higher chance for scholarships
4. Can be stressful

a) "The Journal of Epidemiology and Global Health", written by the faculty from the University of Beirut in Beirut Lebanon states, that during research the faculty gave out a questionnaire to the medical students belonging to that college and divided the activities into four categories.
   (i) Physical exercise
   (ii) Music
   (iii) Reading
   (iv) Social activities
b) Throughout their research they found:
   (i) "A substantial proportion of preclinical medical students suffered from stress (62%) and burnout (75%)."

5. Stress can be avoided
   a) According to "Don't Stress! Try This" written by Josh Johnson, Johnson states, that there are four different thing that you can do. Even though he directs his advice towards students within college it can be used for high school students.
      (i) Prioritize: spread out your activities and work
      (ii) Plan ahead: schedule out your activities ahead of time
      (iii) Balance: keep a healthy amount of academics and activities
      (iv) And if religious; you can always pray

III. In Conclusion, I hope that I have been able to persuade you requiring the students to join an extracurricular activity while going through schooling is a positive action that schools should take. Through speaking of what an extracurricular activity is seen to be, requiring students to join, and the benefits that students receive when involved in extra activities outside of their academics, I hope that everyone here has been persuaded with this idea. Thank you.

IV. Sources

A. Kelley, Jennie. "Extracurricular Activities Allow Teens to Gain Social Skills." Can Busy Teens Succeed Academically?, edited by Stefan Kiesbye, Greenhaven Press, 2009. At Issue. Opposing Viewpoints in Context, link.galegroup.com/apps/doc/EJ3010578206/OVIC?u=mahs13579&xid=5ef32779. Accessed 21 Nov. 2017. Originally published as "Benefits of Extra-Curricular Activities for Teens," Helium.

B. Blackwood, Thomas and Douglas C. Friedman. "Join the Club: Effects of Club Membership on Japanese High School Students' Self-Concept." *Japan Forum*, vol. 27, no. 2, June 2015, pp. 257-275. EBSCO*host*, doi:10.1080/09555803.2015.1040818.

C. Nishino, Hitoshi J. and Reed Larson. "Japanese Adolescents' Free Time: "Juku,""Bukatsu," and Government Efforts to Create More Meaningful Leisure." *New Directions for Child and Adolescent Development*, no. 99, 01 Jan. 2003, pp. 23-35. EBSCO*host*, search.ebscohost.com/login.aspx?direct=true&AuthType=cookie,ip,custuid&custid=infohio&db=eric&AN=EJ671973&site=ehost-live.

D. TENHOUSE, AMY M. "College Extracurricular Activities." *Encyclopedia of Education*, edited by James W. Guthrie, 2nd ed., vol. 1, Macmillan Reference USA, 2003, pp. 373-376. *Opposing Viewpoints in Context*, link.galegroup.com/apps/doc/CX3403200127/OVIC?u=mahs13579&xid=93388da6. Accessed 30 Nov. 2017.

E. Fares, Jawad, et al. "Extracurricular Activities Associated with Stress and Burnout in Preclinical Medical Students." *Journal of Epidemiology and Global Health*, vol. 6, no. 3, Sept. 2016, pp. 177-185. EBSCO*host*, doi:10.1016/j.jegh.2015.10.003.

F. Johnson, Josh. "Don't Stress! Try This." *Campus Life*, vol. 59, no. 7, Feb. 2001, p. 68. EBSCO*host*, search.ebscohost.com/login.aspx?direct=true&AuthType=cookie,ip,custuid&custid=infohio&db=aph&AN=4108248&site=ehost-live.