

How to Balance Extracurriculars

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Viewpoint Editor

As a freshman entering high school, it can be a very exciting (yet daunting) experience to see the clubs, sports, and other activities that you can join. Finding a community of other students who have similar interests as you is truly an amazing experience.

But there is a fine line between looking forward to extracurriculars and being burnt out from so much pressure. High school students around the country continuously grapple with this. Students need to maintain their mental health even after taking multiple afterschool activities.

According to CollegeBoard, a non-profit organization that conducts the SAT exam and the AP exam program, more than 80% of adolescents aged 12–17 take part in at least one extracurricular activity. Sports teams, bands, and the school newspaper are all examples of extracurricular activities that are available to students in most high schools. At Westhill High School, students have an option of choosing between 40 clubs

and 18 sports teams.

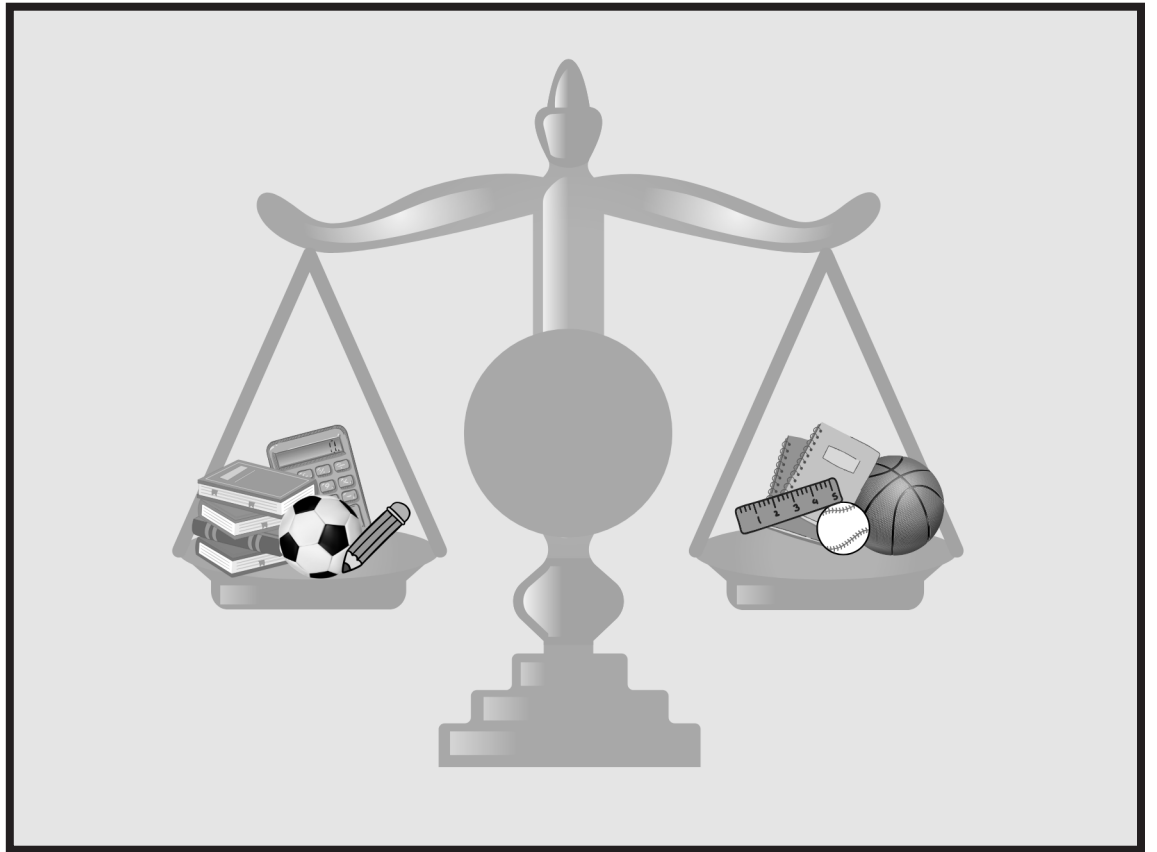
College admissions officers like to see extracurriculars on applications. This is because it shows that students are interested in a field of study that they want to pursue, and that they actively go out of their way to do things that appeal to their interests.

Extracurricular activities get stressful when students feel compelled to take on as many as they possibly can to boost their college application. Students may also do this because they feel pressured to do so by their parents, teachers, friends, or even themselves.

FOMO, or the Fear of Missing Out, also applies to extracurricular activities because students feel they will miss out on important highlights to their application.

“I feel like I tend to compare myself to my friends and their extracurriculars, and there is a lot of parental pressure as well. And sometimes, it’s difficult to balance it with schoolwork and other stuff,” Muskaan Jakhar (‘26) said.

This only gets



THE BALANCING ACT Juggling your time between different extracurriculars is a major challenge that high school students face. Graphic by Paula Miranda (‘25)

worse with taking harder classes, such as AP classes, volunteering outside of school, and working. Time management can be next to impossible if students barely have any time to manage.

“Managing school sports, clubs, and grades is [*sic*] very stressful and time-consuming. It leaves me no time for myself and to decompress from school life,” Charlotte Flood (‘27) said.

Students must understand that cramming one’s schedule with extracurriculars can lead to increased stress, anxiety, decreased academic per-

formance, lack of sleep, and potential burnout. Maintaining one’s mental health is just as important as one’s performance at school and extracurriculars.

As an AP Psychology teacher and a Cross Country and track coach, Mr. Tyson Kubick has experience dealing with students who have extracurricular pressure.

“With extracurricular activities and sports, it’s all about finding balance, and this is different for every student. Selecting activities that reflect your interests and skills provides an intrinsic

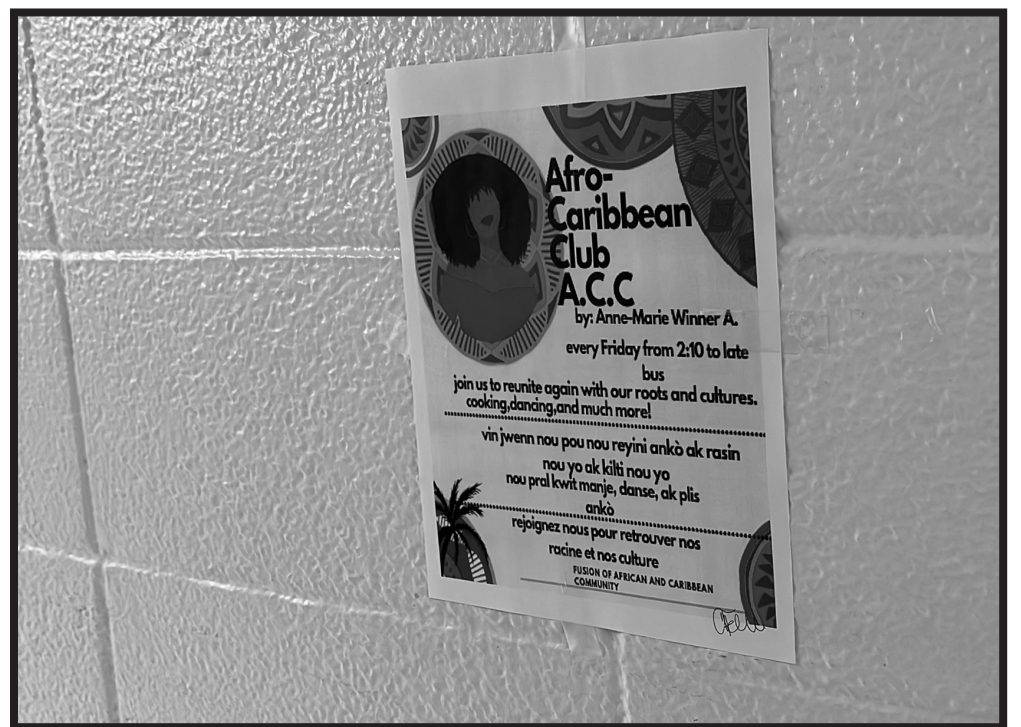
anchor for our high school experience. Picking extracurriculars just for the sake of putting something on a college resume usually leads to fruitless ventures,” Kubick said.

He also emphasizes the importance of finding a balance of clubs and sports that aren’t overwhelming, but at the same time, challenging and enriching for yourself.

It can be easy to feel pressured into doing an overwhelming amount of extracurriculars, but it is crucial to find the balance.



STUDENTS SIT in on a Debate Club meeting on Thursday, October 24. Photo by Rohan Arun (‘28)



POSTER FOR THE AFRO-CARIBBEAN CLUB on Monday, October 28. Photo by Eugene Caibal (‘25)