



# Extracurricular Activity Compass

**Discover What Drives You**

Inside this guide, you'll find tools to help you explore extracurricular activities that truly match WHO you are. This compass is designed to help you understand your natural strengths, all the different paths you can take, and step-by-step guidance on getting started!



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# How to Use This Guide

This isn't just another list of clubs to join. The ECA Compass is designed to help you discover activities that truly align with who you are and what impact you want to make. Here's how it works:

## Step 1: Self-Discovery

First, read through the "Identity & Impact" section. You'll find four different profiles: **The Innovator**, **The Catalyst**, **The Researcher**, and **The Advocate**. Which descriptions feel most like you? Don't worry if you see yourself in more than one - that's completely normal! Circle or highlight the traits and approaches that resonate most strongly with you.

## Step 2: Find Your Direction

Once you've identified your key traits, move to the "Paths to Impact" section. You'll find specific activities and initiatives that match your natural strengths:

- If you connected with **The Innovator** ➡ explore the **Research & Innovation Track**
- If **The Catalyst** felt right ➡ check out the **Leadership & Organization Track**
- If **The Researcher** spoke to you ➡ look into the **Academic & Analysis Track**
- If you're **The Advocate** ➡ consider the **Social Impact Track**

## Step 3: Making It Happen

Use the Implementation Strategy section to turn your interests into action. This part helps you:

- Start small but think big
- Build sustainable involvement
- Create meaningful impact
- Develop your ideas over time

# Identity & Impact

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Who are you and how do you naturally create change?



# THE INNOVATOR

## You're the person who:

- **Sees patterns** others miss
- Gets energized by **complex challenges**
- Is curious about **how things work**
- **Loves experimenting** with new ideas

## Natural strengths:

**Problem-Solving, Creativity, Persistence**

### Example

*"I noticed our cafeteria wasted lots of food. Instead of just complaining, I worked with the environmental club to create a composting system. Each problem we solved made me more excited about the project."*

# THE CATALYST

## You're the person who:

- Naturally **brings people together**
- Gets energy from **organizing events**
- Sees how to turn **ideas into reality**
- Builds and **motivates teams**

## Natural strengths:

Inspiration, Organization, Strategic Thinking

### Does this sound like you?

*"Our school had lots of clubs but no communication between them, so I created a monthly club leaders' lunch where we share resources and plan joint events."*



# THE RESEARCHER

## You're the person who:

- Loves **diving deep** into topics
- Gets excited about **discovering facts**
- **Questions** assumptions
- Enjoys **systematic investigation**
- Finds joy in learning

## Natural strengths:

**Analysis, Methodology, Precision**

### Does this sound like you?

*"Everyone complained about study stress, but I wanted data, so I created a survey about study habits and sleep patterns, analyzed the results, and found surprising patterns. Now I'm researching the impact of our new schedule on student well-being."*

# THE ADVOCATE

## You're the person who:

- **Drives change** for others
- Sees systems that **need improving**
- **Builds bridges** between communities
- Transforms **passion into action**

## Natural strengths:

**Empathy, Persuasion, Determination**

### Does this sound like you?

*"I noticed some students in my math class were struggling with certain topics that I found easy. Started helping a few friends during lunch break, and eventually suggested we make it a regular thing."*



# Paths to Impact

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Below are four different tracks based on different ways people naturally create change. Don't feel locked into just one path; you might find pieces that resonate from several tracks. Think of these as starting points rather than strict guidelines.



# RESEARCH & INNOVATION TRACK

## ● **START SMALL:**

- Join an existing STEM club
- Participate in a science fair
- Take an online course in your interest area
- Join or start a coding club
- Volunteer for tech support at school

## ● **BUILD UP:**

- Lead a specific project team
- Start a study group in your favorite subject
- Create solutions for school issues
- Develop prototypes or experiments
- Document and share your findings

## ● **GO DEEP:**

- Launch a research project
- Create a think tank for local challenges
- Develop new programs or technologies
- Partner with teachers or local experts
- Present at conferences or competitions

# LEADERSHIP & ORGANIZATION TRACK

## START SMALL:

- Join student council or club leadership
- Volunteer to organize a school event
- Help coordinate club activities
- Take notes at meetings
- Support event planning

## BUILD UP:

- Lead specific project teams
- Create new communication systems
- Organize cross-club collaborations
- Develop leadership workshops
- Mentor newer members

## GO DEEP:

- Launch school-wide initiatives
- Create leadership development programs
- Build sustainable organizational systems
- Foster inter-school collaborations
- Develop long-term impact measurement

# ACADEMIC & ANALYSIS TRACK

## START SMALL:

- Join academic clubs
- Participate in subject competitions
- Start a study group
- Write for school publication
- Attend academic lectures

## BUILD UP:

- Lead topic-specific workshops
- Create study resources
- Organize academic events
- Develop research projects
- Mentor other students

## GO DEEP:

- Conduct independent research
- Create academic support programs
- Launch educational initiatives
- Publish findings or resources
- Organize academic conferences

# SOCIAL IMPACT TRACK

## START SMALL:

- Join service clubs
- Volunteer locally
- Support existing initiatives
- Learn about community needs
- Participate in awareness campaigns

## BUILD UP:

- Lead service projects
- Create awareness campaigns
- Build volunteer teams
- Develop community partnerships
- Measure and document impact

## GO DEEP:

- Launch new initiatives
- Create sustainable programs
- Build coalition networks
- Develop impact measurement systems
- Train future leaders

# Implementation Strategy

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**So you've found activities that interest you...now what? Think of this like learning to cook, you start by following recipes, then make small adjustments, and eventually create your own dishes. These phases will help you turn your interests into real involvement, no matter where you're starting from!**



**Phase 1****Exploration  
(1-2 months)****Goals:**

- Visit different clubs and activities
- Notice what energizes you
- Take notes on what you observe
- Try small roles or tasks

**Weekly Actions:**

- Attend 1-2 new club meetings
- Talk to current members
- Keep a simple reflection journal
- Volunteer for small tasks

**Phase 2****Focus  
(2-3 months)****Goals:**

- Choose one main activity
- Take on a specific responsibility
- Learn from others involved
- Start contributing ideas

**Weekly Actions:**

- Attend regular meetings
- Complete assigned tasks
- Learn from experienced members
- Suggest small improvements

**Phase 3****Growth  
(Ongoing)****Goals:**

- Build on what works
- Take progressive responsibility
- Share your knowledge
- Create positive change

**Weekly Actions:**

- Lead specific projects
- Mentor newer members
- Document successes and lessons
- Plan for sustainability



# HOW TO ACTUALLY MAKE IT HAPPEN

## Time Management

**Balance is key to sustained involvement**

### Tips from Successful Students:

- Block out specific times in your calendar
- Set boundaries on your commitments
- Leave room for unexpected opportunities
- Schedule regular reflection time

## Energy Check

**Keep track of how activities make you feel:**

- Energized and excited? Do more of this!
- Drained and dreading it? Reconsider why you're doing it
- Neutral but interested? Give it time to grow

### **Red Flags to Watch For:**

- *Constantly feeling overwhelmed*
- *Dreading meetings or tasks*
- *Losing interest in things you used to enjoy*
- *Not having time for basics (sleep, homework, family)*

# Key Principles

## AUTHENTICITY

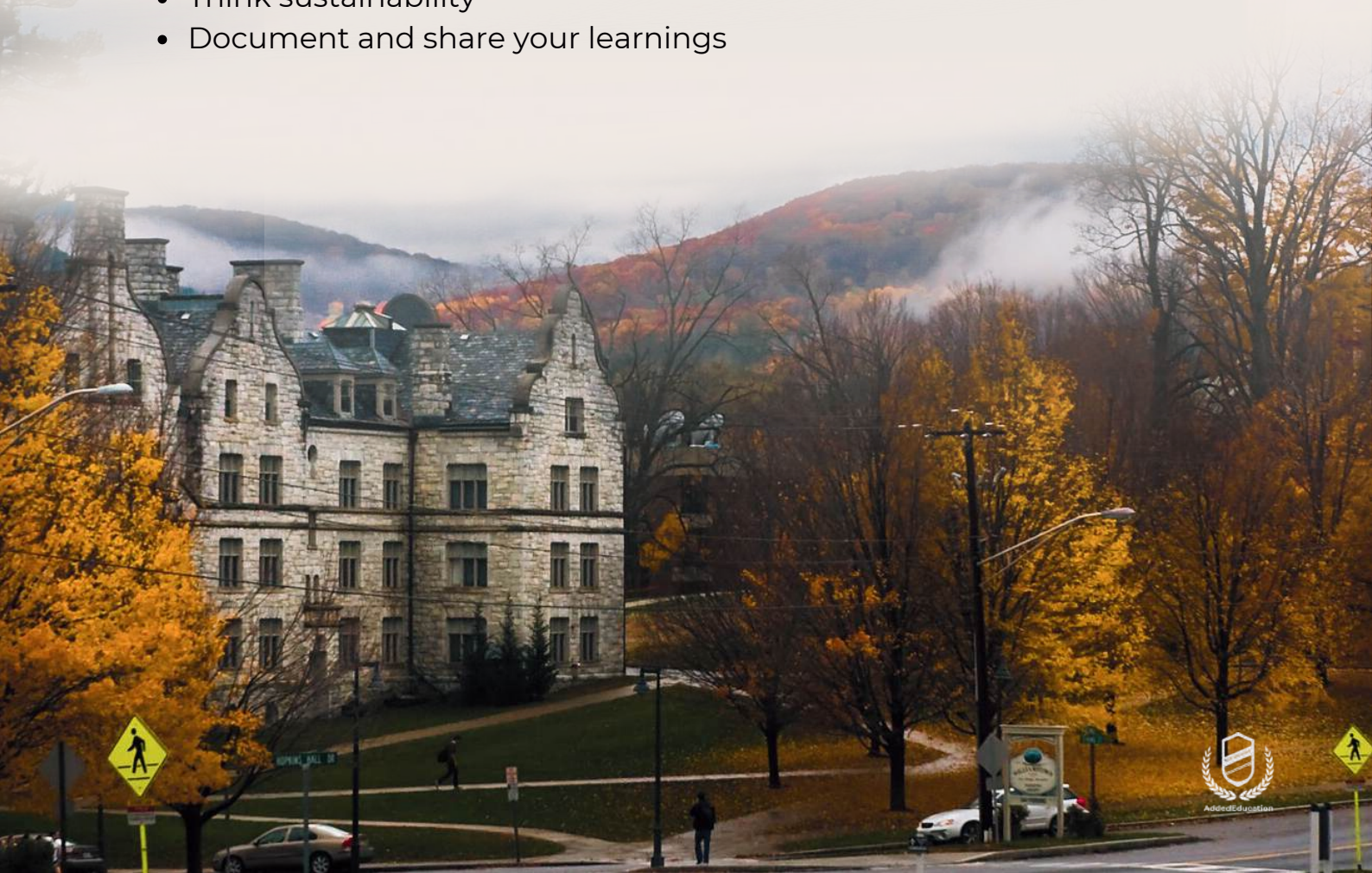
- Choose what genuinely interests you
- Build on your natural strengths
- Focus on real impact, not just titles

## GROWTH

- Start small and build gradually
- Learn from challenges and failures
- Adjust your path as you learn more
- Celebrate progress, not just success

## IMPACT

- Focus on quality over quantity
- Think sustainability
- Document and share your learnings



## Next Steps

- Book your **1:1** consultation
- Understand your **strengths** and **X-factor** with your dedicated team
- Discuss your unique project plan with the team of **admissions experts**
- Sign up for **success** with a team that is committed to your journey

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