Middle school, high school, and even college is not just about the classes you take and the grades you earn. In fact most schools and jobs look for people that are active in their community.

Q: What if my school doesn’t have a club/sport that’s right for me?

A: Start one! Find a faculty member willing to advise you and then get a couple friends together and start your own drama club, ski team, your own band, etc. In addition to getting involved it will help boost your leadership skills too!

Q: What if I want to join but I’m not very good?

A: Clubs and activities aren’t just “one size fits all”. Involvement is diverse and customizable! Do you like taking pictures? Try joining your school’s yearbook staff or your school paper. Do you like sports but didn’t make the team? Try becoming the team manager.

You’re not limited to school activities either. Try volunteering!

You can volunteer just about anywhere

Libraries	 Hospitals
Animal Shelters	 Nursing homes
Food banks	 Schools

Learn about other volunteer opportunities and ideas by visiting the Youth Service of America website, www.ysa.org

The University of Maine at Fort Kent
Middle School U.
In addition to getting involved you’ll also have to figure out how to keep old friends and make new friends. The variety of courses and activities increase as you age, and you may be noticing the differences between people now. Although it’s nice to spend time with people you have lots of things in common with, try to keep an open mind about others; you may discover new interests or hobbies you otherwise wouldn’t have tried.

**THINK ABOUT IT!**

**WHAT QUALITIES DO YOU VALUE IN A FRIEND?**

**WHAT DO YOUR FRIENDS DO THAT MAKE YOU UPSET?**

---

**BEWARE OF CLIQUES**

Cliques almost always cause trouble. They are typically small groups of people who share interests and often exclude others based on look and popularity rank.
To have and keep good friends you must also be a good friend. Fill in the blanks below to discover how you can become a better friend.

How could you be friendlier?
______________________________________________________________________________________
______________________________________________________________________________________

How could you be more reliable?
______________________________________________________________________________________
______________________________________________________________________________________

What would you do if…
You saw someone without a lunch/snack at school?
______________________________________________________________________________________
______________________________________________________________________________________

You saw someone playing alone at recess?
______________________________________________________________________________________
______________________________________________________________________________________

Someone from your school was being picked on?
______________________________________________________________________________________
______________________________________________________________________________________

For each of the words below write what it means to you and provide an example of how you have demonstrated it. Use the back of this paper if you need more room.

Trustworthy:___________________________________________________________________________
______________________________________________________________________________________

Optimistic:__________________________________________________________________________
______________________________________________________________________________________

Loyal:______________________________________________________________________________
______________________________________________________________________________________

Respectful:__________________________________________________________________________
______________________________________________________________________________________

Reliable:__________________________________________________________________________
______________________________________________________________________________________