



"...positive impact  
on students long  
after high school..."

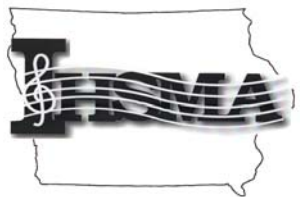


"...an investment in  
your schools..."



Support School Activities

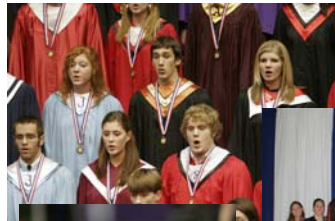
**On the field,  
on the stage,  
and in the crowd ...  
CONDUCT COUNTS!**



**A message from  
the Unified Iowa  
High School  
Activities Federation**

0307

# CONDUCT COUNTS



**HIGH SCHOOL  
ACTIVITIES:**

A small investment...

...an enormous  
return

This brochure is a component of Conduct Counts, a program that spotlights the value of high school activities and the active participation of students, schools and parents in forming quality co-curricular activity programs in Iowa.

“...less likely to drop out...”



## A Small Investment

At a cost of only one to three percent of an overall school's budget, high school activity programs are one of the best bargains around. It is in these vital programs - sports, music, speech, drama and debate - where young people learn lifelong lessons as important as those taught in the classroom. High school activities are not a diversion from quality education programs, but rather an extension of them.

Activity programs provide opportunities for students to learn valuable lessons about becoming responsible adults and productive citizens.

“...self-motivation and self-esteem...”



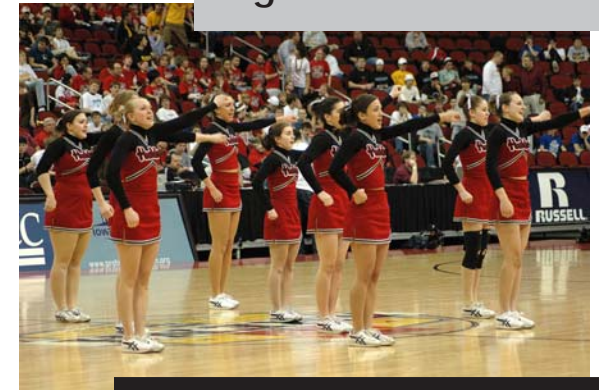
## Did You Know?

- A 1998 opinion survey conducted for Shell Oil Company found that respondents felt the top goals for schools should be teaching respect, honesty and reasoning and thinking skills. A 1997 study conducted by the Public Agenda indicated that 61% of adults thought children failed to learn the values of honesty, respect and responsibility. What better environment for these values to be taught than through activities.
- Ninety-eight percent of Iowa students recognized through the Governor's Scholar Recognition Program participate in their schools' athletic and activity programs!
- A 1995 Minnesota State High School League survey found that ninety one percent of students who participate in activity programs tend to be school leaders and role models.
- A 1995 study by the Search Institute indicates that cocurricular activities play a central role in students' health development.



“...earn higher grades...”

“...help develop good citizens...”



“...fewer absences...”

- School-age children and teens who are unsupervised after school are far more likely to use alcohol, drugs and tobacco, engage in criminal and other high-risk behaviors, receive poor grades and drop out of school than those children who have the opportunity to benefit from constructive activities supervised by responsible adults. In a 1994 Harris poll, more than one-half of the teachers singled out “children who are left on their own after school” as the primary explanation for students' difficulties in class.
- A study released in 1999 by the University of Colorado indicates students who participate in interscholastic activities have “significantly higher” grade-point averages than students who do not.
- A 1995 study by the National Center for Education, Statistics, Extracurricular Participation and Student Engagement reported that activity participants had better attendance than their non-participating classmates and were three times more likely to be in the top quartile on composite math and reading assessments.
- In 1996 Career World reported on factors related to gaining acceptance into colleges and universities. Grades, test scores and involvement in extracurricular activities were given high consideration on whether to accept, or reject, an applicant.