

WELCOME TO 2024 LEADERSHIP CONVENTION

Session will begin soon



A graphic of the state of Utah with a white outline. Inside the outline, the words 'DEVELOP', 'ADVOCATE', and 'ENGAGE' are stacked vertically in large, blue, distressed font. A vertical dark green bar runs through the center of the state, containing the word 'UTAH' in white, distressed font.

DEVELOP
ADVOCATE
ENGAGE

UTAH

Develop programs, resources, and leadership skills that enhance the lives of all children, youth, and their families.

Advocate by speaking on behalf of all children and youth in schools, in the community, before governmental bodies, and before other organizations that make decisions affecting children.

Engage the public in united and equitable efforts to secure the physical, mental, emotional, spiritual, and social well-being of all children and youth.



The WHY
Behind
Clubs



CLUBS: THE ORIGINAL SOCIAL

CONNECTION

Benefits of Extracurricular Experiences





Leadership



The WHY
Behind
Clubs

- Ignite a passion for student leadership within our school community.
- In the realm of education, fostering leadership skills is not just an aspiration; it's a vital necessity.
- Student leadership clubs stand as a beacon of empowerment, a platform where young minds can flourish, innovate, serve, and lead purposefully.
- Together, we embark on a quest to unlock the boundless potential residing within each student, propelling them toward a future of meaningful impact and enduring success.
- Join us as we pave the way for a generation of dynamic leaders ready to shape the world.



Leadership



The WHY
Behind
Clubs

You serve as crucial role model. Through your actions, words, and behaviors, you shape the values, beliefs, and attitudes that students adopt.

Students observe how adults navigate challenges, interact with others, and handle responsibilities, providing them with examples to emulate.

By serving as positive role model, you contribute significantly to the development of their character, empathy, problem-solving, resilience, self-esteem, and overall well-being, laying the foundation for their future success and contribution to society.

Students need connections and friends. Club's provide this .

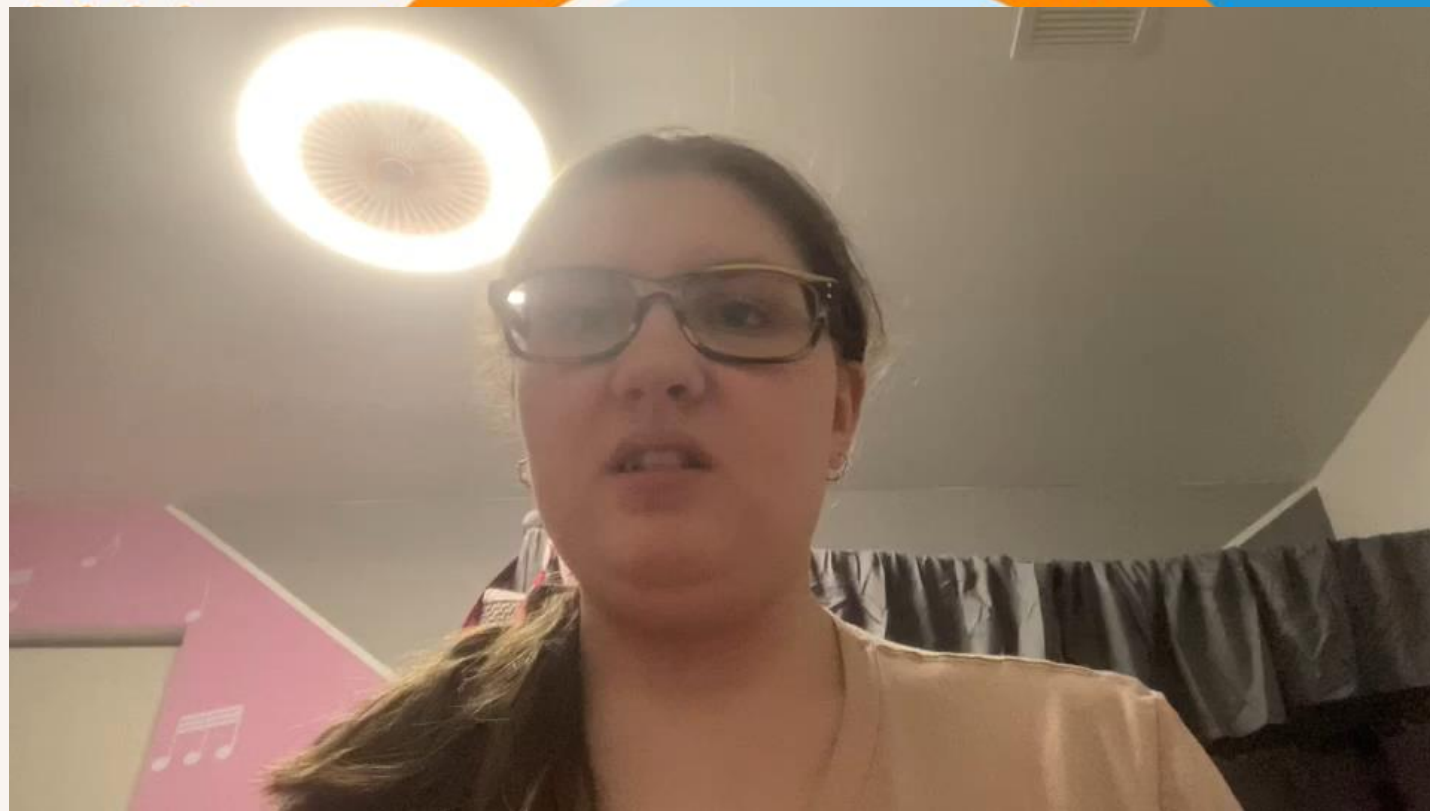




The WHY
Behind
Clubs



STUDENT VIDEO



Stand  Kind



Academic Success



School Life

“Students who participate in clubs tend to have higher grades, better attendance and better attitudes towards learning.”



Improved Cognitive Skills:

- Critical Thinking
- Problem Solving
- Teamwork



Research has shown that participating in clubs can help students develop time management skills, which can lead to improved organization, discipline, and academic performance.



Leadership

Flexing Their Social Skills



Helps to boost self-esteem & resiliency



Practicing a leadership role in a smaller group is great practice for larger roles and responsibilities

- Collaboration
- Cooperation
- Peer Interaction
 - high interest area
- Communication Skills



The WHY
Behind
Clubs

How to get students involved?

The act of giving and engaging in other pro-social behaviors has been shown to have long-lasting health benefits.

Peers

Peers
Recruitment

Scholarships

Opportunity
for funds

**Team
Activities**
Club Event

Service
Work with
Other Clubs





The WHY
Behind
Clubs

STUDENT VIDEO



Stand  Kind

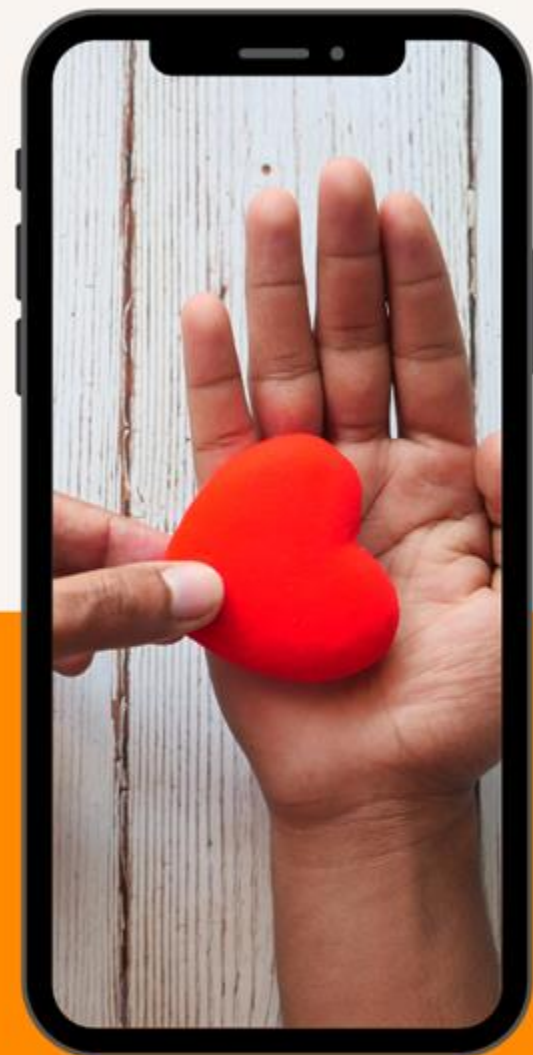
Kindness and Recovery

Engaging in charitable acts, volunteering, and providing emotional support to others can alleviate the negative effects of stress on both the body and mind.

Giving sends calming signals to our nervous system. →



These signals cause our heart rate to lower, thus relaxing us and preparing us for bonding with others, leading to feelings of support and love.



Clubs are an excellent way to spread empathy and kindness in the community, while positively impacting students' EQ.





Clubs are a great vehicle for Pro-Social Behavior

The act of giving and engaging in other pro-social behaviors has been shown to have long-lasting health benefits.

Boost

in Positive
Mood

Boost

Connections

Lower

Rates of
Depression

Lower

Blood
Pressure





The WHY
Behind
Clubs



Sense of Belonging

- Meet new peers in a low-pressure environment
- Share common interests
- Build a network of peer support
- Off-set isolation and loneliness
- Make lasting friendships

Better Mental Health

- Club involvement has “demonstrated higher levels of satisfaction with life and optimism and lower levels of anxiety and depressive symptoms.”

“These adolescents reported significantly less recreational screen time, which was associated with the reverse: lower levels of satisfaction with life and optimism and higher levels of anxiety and depressive symptoms.”



Keep It Fun

- Empower students organize activities
- Collaboration with other clubs
- Avoid over-scheduling
- Let students explore interests of their own
- Encourage students to participate, but never force them
- Show an interest without taking over



Stand Kind

How to Recruit Students?

- Clear cause-Purpose
- Club Days- Lunch
- Announcements'
- Counselor & Principal's
- Parents
- Other Clubs
- Peers



The WHY
Behind
Clubs

Build your club





- What inspired you to start this club, and what are your main goals for its development?
- What initial challenges or obstacles have you encountered in getting the club off the ground?
- How do you plan to recruit members and generate interest in your club?
- What support or resources do you feel would be most helpful for your club's growth and sustainability?

Q & A



The WHY
Behind
Clubs

- What strategies or activities have been most effective in promoting engagement and participation within your club?
- How do you maintain momentum and enthusiasm among club members throughout the school year?

- Can you share any successful collaboration experiences with other clubs or school organizations?
- How do you handle leadership transitions within the club?
- How do you leverage technology and social media platforms to communicate with club members and promote club activities?

Stand Kind



The WHY
Behind
Clubs

Thank You!

"A great club is not about the space,
but about creating a community of
like-minded people."

~Unknown



Sources:

1. www.childfocus.org
2. <https://www.census.gov/library/stories/2022/07/children-continue-to-be-involved-in-extracurricular-activities.html>
3. Received: 18 February 2021 | Revised: 13 August 2021 | Accepted: 30 September 2021 DOI: 10.1111/psyp.13954 ORIGINAL ARTICLE The benefits of giving: Effects of prosocial behavior on recovery from stress Lee Lazar | Naomi I. Eisenberger
4. <https://www.webmd.com/parenting/benefits-extracurricular-activities-kids>

Confidence &
Connections



CONNECT WITH US ON SOCIAL MEDIA



FACEBOOK

- Utah PTA
- Utah PTA Advocacy
- Utah PTA Super Secondary
- Utah PTA Excellent Elementary
- Utah PTA Treasurers
- Utah PTA Reflections
- Utah School Community Councils
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