



Julie Kim
Saturday, July 20th

Involved vs. Overcommitted: How to help your teen choose the RIGHT extracurricular activities

1. How should your teen go about finding the extracurricular activities that will be right for **THEM**?
2. What are some signs your teen might be OVERCOMMITTED?
3. What are colleges **really** looking for when it comes to extracurriculars?
4. How can you help shift your teen out of the mindset of focusing so much on what **other people want**, and shift back into a place of what **THEY** want?