**Extra-curricular Time Involvement Exercise**

The RA position requires a significant time commitment. An individual must be able to assess their personal time commitments with those of the position. The primary criteria in determining how much time the staff member should spend in the living area should be an honest evaluation of the question, “Am I meeting the needs of my residents or must they rely on another staff person?”

A point system has been devised to use as a framework for outside involvements. A Resident Assistant should have no more than ten - thirteen (10-13) points on this system.

1. Normal semester load (12-16 hours)  
   Each unit over 16 units and up to 18  
   +5 points  
   ______

2. Student Teaching  
   +12 points  
   ______

3. Internships  
   +10 points  
   ______

4. Sports (member of official university team)  
   +8 points  
   ______

5. Student Government/Student Productions  
   (President, Vice-President, Treasurer, Program Chair)  
   +6 points  
   ______

6. Performing Arts, Orchestra, Choir, Band  
   +6 points  
   ______

7. Fraternity or Sorority  
   - Member  
   - Officer  
   +3 points  
   +5 points  
   ______

8. Club/Organization  
   - Member  
   - Officer  
   +3 points  
   +5 points  
   ______

9. Job  
   - Part Time  
   - Full Time  
   +5 points  
   +10 points  
   ______

10. Radio, TV, Newspaper  
    +4 points  
    ______

**Total**  
______

To complete this exercise, list all of your current outside involvements, and then list next to them what the points are for those involvements. Total your points.