Social integration in college is most often connected to student involvement. Being involved allows you to be connected to your school, find resources more easily and meet more people, both students and faculty/staff, to network with.

Students who are involved in classrooms perform better academically. Involved students are better time-managers and have better critical thinking skills than those that do not get involved.

Involvement helps build community. Meeting new people and exploring new things helps you discover new interested and people you have things in common with.

It's not about the quantity of experiences you have but the quality. Finding one or two organizations you are passionate about can enhance your skill set in ways you never would have gotten just inside the classroom. This in turn will make you more marketable when you graduate and can help you secure a job faster.

Being involved can actually help you persist and graduate on time. Highly engaged students are more invested which means they are more likely to come back to school each semester than less engaged students.