

A GUIDE TO NAVIGATING YOUR COLLEGE SEARCH

EDITION 4: EXTRACURRICULARS & ACTIVITIES

Use this guide to help organize your activities when filling out your college applications. List the things you have been involved in, both before and during COVID-19, so you can be prepared as deadlines approach. There isn't a formula for getting into the school of your choice and the format of your college application activity list will look different, but this will help you prep.

BEFORE YOU BEGIN, CONSIDER:

Role | Time Commitment | Description | Accomplishments & Awards | Impact from COVID-19

SCHOOL ACTIVITIES: Extracurriculars, clubs, sports, school responsibilities, etc.

NON-SCHOOL ACTIVITIES: Volunteering, religious or cultural involvement, instrument lessons, etc.

FAMILY & WORK RESPONSIBILITIES: Caring for family members, employment, internships, etc.



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SCHOOL ACTIVITIES: Extracurriculars, clubs, sports, school responsibilities, etc.

Marching Band, Drum Major, 8 hours per week, 50 weeks per year. Grades 10, 11, 12.

Led the percussion section for 80+ member band. Went to state championship in 10th, but event cancelled

in 11th. Weekly jam sessions with our section once a month. Daily individual practice.

BE SPECIFIC WITH
YOUR TIME:
HOURS, WEEKS, YEARS

NON-SCHOOL ACTIVITIES: Volunteering, religious or cultural involvement, instrument lessons, etc.

Student Researcher, 20 hours per week, 4 weeks per year. Grades 11, 12.

Volunteer at an aquarium focused on local marine life. Assisted biologists in their daily routine of testing water quality,

observing aquatic-life behavior, and record keeping. Invited back for a second year to do a paid internship,

made responsible for training and supervising new volunteers.

NOTE RESPONSIBILITIES YOU GAINED ALONG THE WAY!

FAMILY & WORK RESPONSIBILITIES: Caring for family members, employment, internships, etc.

Family Responsibility, 5 hours per week, 52 weeks per year. Grades 9, 10, 11, 12.

Care for 3 younger siblings each night while parents work. This includes homework, dinner, showers and bedtime.

THESE RESPONSIBILITIES
ARE ALSO IMPORTANT TO
INCLUDE