

# 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