

Extracurricular Profile Audit Worksheet

Spike vs well-rounded: build coherence + proof (one page).

Quick definitions (so you don't overthink it)

- ☐ A “spike” = depth + progression + documented outcomes (not one hobby).
- ☐ “Well-rounded” = 1–2 main themes + 1–2 supporting commitments (not joining everything).
- ☐ Strength comes from coherence: activities that make sense together and show growth.

10-minute profile audit

- ☐ List your activities; label each with: theme, role level, proof/outcomes.
- ☐ Circle the 2–3 activities with the clearest outcomes (numbers, artifacts, wins).
- ☐ Underline where progression is obvious (contributor → owner → leader).
- ☐ Mark anything redundant (same signal repeated with weaker proof).
- ☐ Name what's missing: impact, leadership, academic depth, or sustained commitment.

Fill-in (use bullets)

My 1–2 main themes

Top 2–3 strongest activities (with proof)

Redundancies to cut or reframe

Next 8–12 week “ship date” project idea