**COLLEGE 101 LAYING THE GROUNDWORK**

**Topic 5**

**FROM THE DESK OF THE DEAN**

The activities you participate in outside of your academic classes is Very important for your growth and development as a strong potential admitted college student. Being Committed to an Activity is Important.

A lot of high schools require community service. If so, try to get involved in programs or projects you are passionate about. The goal for your extracurricular activities is to select 3-4 per year that you are absolutely thrilled to be involved in. There is No reason to engage in activities that do not foster your passion.

Additionally, take on a leadership role in the activities you select to be engaged in. Leadership shows depth and breadth of your commitment. From these activities you will have a chance to grow but you should be prepared to speak about how the experience has helped to shape you into the person you are today.

**Potential Activities**

Club Sports, High School Sports, Performing Arts (Vocal, Instrumental) etc. Fine Arts ( Drawing, Painting, Sculpting etc.) Religious Activities, Job Shadowing, Paid Job, Internships, Yoga, Creating a Business, Community Service, Reading, Summer Programs, Martial Arts, Social Media, Film TV, Certifications etc...

**DISCUSSION QUESTION 1**

What are the 3-6 activities either in or out of school that you would be interested in getting involved in or are you already involved. Why did you select these activities? Please write 1-5 sentences on each.

**DISCUSSION QUESTION 2**

How does each activity fit into your college, career or personal life discovery? What leadership role have you taken or can you take? What impact have you had or could you have as a leader in each activity?

**DISCUSSION QUESTION 3**

Explain how can you take one of your activities and create a Brand for yourself that shows who you are to colleges and universities?

**DISCUSSION QUESTION 4 – SET UP CALL WITH THE DEAN**

**Please have your questions and assignments available to discuss in a 15-30 minute block.**