



## SIFT citations for your resume and college applications

It's ultimately up to each individual SIFTer how they want to describe their SIFT experience on their resume or college applications. In this document you'll find a general citation to use for your resume and citations to be used in the "Common App". Also provided are some reminders to think about when citing your SIFT experience.

### Reminders:

- It is important to remember that no one knows what the acronym SIFT stands for!
  - Shaw Institute for Field Training
- Make sure to mention that you were competitively selected for participation!
  - Saying you were competitively selected is not bragging, it is a statement of fact.
- You might consider adding in references to the different projects you helped with during SIFT (both during and after the training week)

### Resume Citation:

The example below is very long, but it is very descriptive and this might be important since you are just starting to build up a resume.

*Competitively selected for participation in an environmental field research training program developed with support from the National Science Foundation. Facilitated at Shaw Nature Reserve of the Missouri Botanical Garden, in partnership with Washington University's Tyson Research Center, participation in the SIFT program included a one-week summer field training experience combined with real world field work activities working closely with natural resource professionals. Additional training and work project opportunities continued throughout the following school year. Training included assessment of Missouri terrestrial and aquatic ecosystems, plant and animal identifications, biotic sampling and census techniques, testing of abiotic factors, and use of GPS technology. Field work activities included (list the projects you worked on, for example Monarch butterfly tagging, bio-blitz survey, prairie plant seed collection, MO Bumble Bee Atlas, prairie plant identification and sorting for biomass survey, you get the idea).*

### SIFT citation for the Common Application

The Common App is a nightmare for citing your high school activities. It is very restrictive in number of activities (10) and also in the amount of text you can use (50 characters for activity name, 100 characters for details).

Activity Name: *Environmental biology research internship program*  
49 characters including spaces:

Details: *Conducted field research and restoration in Shaw Institute for Field Training at MO Botanical Garden.* 100 characters including spaces:

If you have the option to upload a resume or include additional information (certain colleges allow this), then that is where you should use the above detailed description of your participation.