

# Activities Section

## 1. Brainstorm all activities in high school

- Academic pursuits outside of school
- Athletics
- Arts
- Clubs
- Career related activities
- Creative pursuits/hobbies that show initiative
- Cultural or religious activities
- Leadership at school – retreats, ambassador, mentor
- Paid work
- Student government
- Volunteer work

## 2. Prioritize the order

Put the activities in order of most meaningful to **YOU**  
i.e. you dedicate the most time and/or energy, have achieved at the highest level, care about the most and best represent who you are.

## 3. Pare down the list if necessary – you don't need 10!

## 4. Work on best presenting each activity on the common app

- Be thoughtful about working with the prompts and character limits.
- If needed, use the *Additional Information* option in the Writing section for any that warrant a lengthy explanation.

# Activity Samples

## *50 Character Position/Leadership Description*

## *100 Organization Name*

## **140-150 Character Activity Description**

*Violin, first chair*

*Seattle Youth Symphony*

Played seven concerts per year in four cities, awarded most valuable section leader 2018, wrote original violin parts for 3 performance pieces

\*Sport/Team dropdown: Cross Country

*Varsity 11<sup>th</sup>/12<sup>th</sup>, Captain 12<sup>th</sup>*

*Seattle Prep*

Trained all year, organized/trained with summer running group, motivated and led over 80 runners as captain, 5<sup>th</sup> in Metro, 10<sup>th</sup> in Districts - 11th grade

*Vice-President*

*National Honors Society*

Peer tutor junior year, elected VP senior year, oversaw yearlong peer tutoring program, lined up six student tutors every lunch period and tutored weekly

*Bagger*

*QFC grocery store*

Started as backroom stocker, promoted to bagger after first summer. Also handled various tasks for manager and customers and trained new employees

*Created cooking blog: The Vegetarian Chow Hound*

2000 followers, post 2-3 times a month, create and share recipe ideas and tips for vegetarian athletes who need high calorie diet