

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 11th/12th, Captain 12th

Seattle Prep

Trained all year, organized/trained with summer running group, motivated and led over 80 runners as captain, 5th in Metro, 10th 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