



St. Mary's Ryken HIGH SCHOOL

Activities and Experiences on the Common Application

Maryland Business Roundtable for Education

Washington College (MD)

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Activities and Experiences

- Arts or music
- Clubs
- Community engagement or volunteering
- Employment or work
- Family responsibilities
- Hobbies and sports



Advice...

- Explain acronyms (“KROO”)
- Focus on accomplishments and recognition, not just the activity.
- Use your own voice to tighten the language in this section...then AI to see if it sounds a tad better...
 - ▶ Position/Leadership description – 50 characters
 - ▶ Organization name – 100 characters
 - ▶ Activity details, honors won, and accomplishments – 150 characters
- Be clear about the impact. Don’t worry about complete sentences. Examples to follow...



DECA President

“Led chapter as president; competed and placed at regional and state levels; building skills in marketing and finance.”



Girl Scouts

“Earned the Gold Award, Girl Scouting’s highest honor; led my troop and sustained 10+ years of service and community impact.”

- Since only 5% of scouts earn this award, your school counselor may want to include this in the rec letter highlighting the process. Establishes a connective thread in a student’s application story.



feel meaningful to you.

Timing of participation

S (School year)
B (School break)
Y (All year)

Participation grade levels

Post-HS (After graduating high school)

Activity 1

Organization name _____
(if applicable)

Hours per week _____

S B Y
☐ ☐ ☐

9 10 11 12 Post-HS
☐ ☐ ☐ ☐ ☐

Position/leadership _____
(if applicable)

Weeks per year _____

Description _____

Do you plan to participate in college? ☐ Yes ☐ No ☐ Not sure



Other random thoughts about activities and experiences...

- Do less senior year in high school. More is not necessarily better...
- Continue at least one activity in college from high school but also pick up a new one.
- Activities/experiences DO matter in college. How do you use your time? Activities/experiences are valued by employers since it shows how you work with others and hopefully in leadership positions.

