

ACTIVITIES LIST



HOLY NAMES
UNIVERSITY
Since 1868

TRiO
UPWARD BOUND

Creating a list of the activities you participated in during your time in high school (9-12th gr **only**) will help you when filling out your college application. If you think you haven't participated in any activity, I promise you have, just be creative and ask your advisor for help!

EDUCATIONAL PREPARATION PROGRAMS (Ex: AVID, Puente, Upward Bound, EAOP, MESA, etc.)

Program Name	Description of Program	# Yrs	Hrs/Wk	Wks/Yr

VOLUNTEER & COMMUNITY SERVICE Unpaid work ONLY (Ex: collecting/distributing food, paint mural, etc.)

Organization	Description of Org & Responsibilities	#Yrs	Hrs/Wk	Wks/Yr

WORK EXPERIENCE What have you/will you use your earnings for? _____

Job Title	Responsibilities	# Yrs	Beg-End(Mo/Yr)	Hrs/Wk	Wks/Yr

AWARDS & HONORS (Ex: Honor Roll, subject-specific award, music award, etc.)

Award/Honor	Description of Award/Honor	Award Type	Date Received

EXTRACURRICULAR ACTIVITIES (Ex: sports, clubs, child care for siblings, etc.)

Activity	Description of Activity(note any leadership positions)	# Yrs	Hrs/Wk	Wks/Yr

3 Tips to make your activities section stand out

1. Use stronger verbs (Ex: mentor, organize, lead)
2. Develop better (and perhaps a bit more) content
3. Demonstrate skills & values, especially leadership skills!

Ask yourself these questions to enhance your descriptions.

- What did I do?
- What problems did I solve?
- What lessons did I learn?/What skills did I gain?
- What impact did I have?
- How did I apply what I learned?

Don't forget to use the additional comments section if you participated in an activity before HS and continued during HS or if you had planned to participate in an activity, but certain circumstances did not allow you to (ex: soccer season was cancelled because of COVID-19). You can also use this section to note if one of your activities helped you choose or helped to solidify your major/career choice. These are **not** the only comments you can make in this comments section, your counselor/college advisor can help you figure out what else/if anything needs to be included here.