



UC Activities and Awards Worksheet

"You've told us what you did inside the classroom, and now you'll have the opportunity to tell us about what you're most proud of outside the classroom. We're looking for quality, not quantity — which means that even though you'll have room to tell us about 20 activities and awards, make sure to focus on the ones that are most important to you. Choose experiences that demonstrate commitment, responsibility, leadership, and most of all, genuine interest." - UC Application

Directions: Use this worksheet to begin documenting the meaningful activities that will be added to your applications. You have a total of 20 activities you can include on the UC App. **DO NOT feel limited by space here.** We will help you cut words and characters later! For now, write everything that will showcase leadership and your excellence inside and outside of the classroom. If you have more than 5 examples for each category, add them! Your HS Counselor and Program Director will help you identify where on the application to include that activity! This will also be a helpful tool for your Common App!

Awards and Honors Title of Award or Honor	What are the eligibility requirements for this award or honor? How are the recipients chosen? How many people are selected to receive this award? Is there an application or nomination for the award? *250 character limit per each entry*	What did you do to achieve this award or honor? Were there multiple competitions that you had to participate in? How much time did you dedicate to winning this award? *250 character limit per each entry*	Is this an academic award?	Year you Received Award

[illegible]

Volunteer & Community Work Name of Organization	Please describe the organization program, school, or group. Consider what kind of work the organization does: what's the reason the organization exists today? How does it help a certain community or population? *250 character limit per each entry*	Description of your responsibilities Think about your experience and what you accomplished and learned while volunteering. We'd also like to know if you've had a leadership role, which can be more than a title-- it can mean being a mentor to others, acting as a point-person in charge of a specific task or taking a lead role *250 character limit per each entry*	Year of Involvement 9th 10th 11th or 12th	Hrs/wk	Wks/yr

Educational Prep Programs Name	Briefly describe the program. Think about the program's main focus, your experience, and what you accomplished and learned while participating in the program. *350 character limit per each entry*	Year of Involvement 9 10 11 12	Hrs/wk	Wks/yr
Onward Scholars	One of over 700 applicants selected to join Onward Scholars. Only 12 students were selected at my school. Selected based on my achievements, application, and interview. Committed to monthly Scholar Saturdays, participated in application workshops and service projects, and met frequently with my OSP Site Director.	9th-12th	10	40

Coursework Other Than A-G Course Name	Description of Course. What program or school offered the course? Also, think about describing the major themes or topics the course covered, as well as what knowledge or skills you learned. *350 character limit per each entry*	Year of Involvement 9 10 11 12	Hrs/wk	Wks/yr

Work Experience Job Title	Please briefly describe the company or organization where you worked Consider describing the industry, the size of the company or organization or its main focus *250 character limit per each entry*	What were your job responsibilities? *350 character limit per each entry*	Year of Involvement 9 10 11 12	Hrs/wk	Wks/yr

Common Application Activities and Awards Worksheet

Once you've completed your UC Activities List above, you can begin to narrow down your activities list for the Common App. You can ONLY include 10 activities in the Common App.

If you can't fit everything, don't worry! You still have your "Additional Information Section" where you can include details about the activities you still want to highlight.

IMPORTANT: List your activities in order of importance, starting with the most important activity to you and the one you've been most consistent with.

Don't forget to add Onward Scholars as one of your activities using the following description.

For "Weeks Per Year," you can indicate that Onward Scholars is a full year activity since you also participate in the Summer and it's an activity you will continue into college.

Activity Name	Activity Type Use this IMAGE to help you select the activity type.	Participation Level	Hours Per Week/ Weeks Per Year	Position/Leadership <i>50 Characters</i>	Describe this activity, including what you accomplished and any recognition you received, etc <i>150 Characters</i>
Onward Scholars	Other Club/Activity	9th, 10th, 11th, 12th, Post Graduate	6 hours / 52 weeks	Scholar	One of 12 students selected for Onward Scholars based on achievements, application, and interview; active in workshops, service, and mentoring.

[illegible]