



The Best Extracurricular Activity Brainstorm I've Ever Seen (BEABIES)

Instructions for Up-Leveling Your Activities Lists or an Entry on Your Additional Info Section: Spend 5-8 minutes filling out this chart for each of your activities in your activities list.

Instructions for Brainstorming an Essay: Spend 20-25 minutes filling out this chart for each activity that you're writing an essay on.

Scroll below to see an example.

Activity: [Name it here]				
WHAT I DID	PROBLEMS I SOLVED/TACKLED	LESSONS LEARNED/SKILLS I GAINED	IMPACT I HAD	HOW I APPLIED WHAT I LEARNED
The key here is active verbs. Tip: Use the " Epic List of Activities List Verbs "	These problems could be: - Personal - Family - Local - Community - School - State-level - National - Global	Tip: Use the Values Exercise for this!	This is super important. Tip: Use numbers and actual quotes to support your bullet points	How did you apply lessons from the activity *beyond* the activity itself? See examples below.

Questions to Up-Level Your BEABIES Columns

What I Did (Day-to-Day):

- Did you list all your tasks, or just a few? What'd you forget? Go back and check.
- Did you list all the things you did that might have been out of the scope of your responsibilities?
- Did you leave off any awards? Any uncommon achievements?





Problems I Solved:

- Did you consider the internal problems you solved and challenges you overcame for yourself?
- Did you consider the external problems you solved? For your friends? Family? School? Community?
- Were you also tackling a much larger (perhaps global) problem, or one that had the potential for much larger effects or repercussions?

Lessons I Learned & Values/Skills I Developed:

- What were some of the soft skills you learned (patience, communication, etc.)?
- What about specific software (Photoshop, Final Cut Pro) or languages (Spanish, C++), or survival skills (how to start a fire or clean a fish)?

Impact I Had (On Self, School, Community and/or Society)

- Did you consider the impact this had on your family? Friends? School? Who else benefited?
- Did you consider the impact this had on you personally? Did this change your life/perspective? How?

Applications to Other Parts of School/Life:

- How did you build on (i.e. up-level) what you learned?
- What skills did you develop and lessons did you learn that will make you a better X (rower, debater, volunteer, programmer, fill in the blank)?

Example Activity #1: Chinese Dance Club				
WHAT I DID	PROBLEMS I SOLVED	LESSONS LEARNED/SKILLS I GAINED	IMPACT I HAD	HOW I APPLIED WHAT I LEARNED
Practiced every Sunday morning for 2.5 hours for 9 years. Performed at Chinese New Year festivals for 9 years. Danced in junior group for four years, senior group for five years, senior small group for three years. Served as club	Feeling disconnected from Chinese culture and community. Not much connection to relatives in China. Club was struggling to maintain steady funds.	Became more goal-oriented. Managed and kept record of thousands of dollars. Learned... ...to articulate and explain my thoughts to younger dancers. ...how to handle conflicting interests from group leaders and	Grew closer to the values of Chinese culture, as there is always a story behind every dance. Relatives in China watched links to my dances, allowing us to connect more on phone calls.	Used teaching skills while tutoring peers in Chemistry. Lessons in leadership helped me manage board members in my club. Continued to reach out to my community





<p>treasurer, managing club-related funds and handling reimbursements.</p> <p>Organized fundraiser at the Chinese Dragon Boat festival that raised over \$2000 for the club.</p> <p>Served as club Vice President.</p> <p>Won Honorable Mention at the Chinese School Association in the United States (CSAUS).</p>	<p>Improving technique and artistry in Chinese dancing.</p> <p>Difficulty transitioning to Chinese dancing from ballet.</p> <p>Difficulty articulating ideas and thoughts.</p> <p>Our community lacked Chinese cultural events.</p>	<p>dancers' parents.</p> <p>...our surrounding community is actually open to supporting our group.</p> <p>...to express my individuality in a way that I didn't with ballet.</p> <p>...every movement and pose has its own nuances.</p> <p>...how to choreograph and adapt a dance based on material from past dance groups and videos.</p> <p>...to remain patient and forgiving while teaching.</p>	<p>Developed a sense of community within the group of dancers and parents.</p> <p>Showed beauty of Chinese culture to local community.</p>	<p>about other causes I cared deeply about, helping to fundraise for annual event.</p> <p>Helped me become more expressive and seek other outlets of expression.</p>
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Example Activity #2: Rowing

WHAT I DID	PROBLEMS I SOLVED	LESSONS LEARNED/SKILLS I GAINED	IMPACT (ON ME OR OTHERS)	HOW I APPLIED WHAT I LEARNED
<p>Rowed for 3 years, 9 seasons, and countless hours.</p> <p>Attended all practices except at most 10 of them due to bad physical condition.</p> <p>Supported and encouraged other teammates.</p> <p>Placed twice in the finals and once in semi-finals in</p>	<p>Slower than most girls in the first month.</p> <p>Don't understand the terms or how an organized sport works.</p> <p>Don't know how to row correctly and effectively.</p> <p>Too skinny and unfit.</p> <p>Lack of</p>	<p>Solid form and technique in both port and starboard side.</p> <p>Nothing is impossible.</p> <p>The boat requires everyone's hard work to balance and accelerate.</p> <p>You will succeed when you put in enough attention and endeavor.</p> <p>You need patience to see the outcome.</p> <p>When you don't understand, ask.</p> <p>Teamwork makes the</p>	<p>Started to pay attention to what I eat every meal.</p> <p>Started to work out on a daily basis and got my brother to join me.</p> <p>Started to love nature(lake, forests, etc.)</p>	<p>Able to sleep better, so increased my focus in class</p> <p>New confidence led me to audition for talent show</p> <p>Became more careful with how I spent my time (grades went up)</p>





<p>the Midwest Scholastic Rowing Championship. Won 5 gold medals, 4 silver medals, 2 bronze medals, many other medal-less races.</p> <p>Spent hours gathering music and created a Spotify playlist of workout music (still update it).</p> <p>Teach novice rowers techniques, strategies, and mindsets.</p> <p>Dedicated a big portion of my free time to working out.</p>	<p>mentality and good physique. Bad form that remains unsolvable for a long time.</p> <p>Stereotypes for Asian people.</p> <p>Don't know the routine when launching and docking the boat.</p> <p>Hard to communicate my concerns and problems.</p>	<p>dream work.</p> <p>"Quit crew or triple your commitment."</p> <p>"Be the meanest dude on the lake."</p> <p>"If that's the best you can do, I wouldn't wear the unit t-shirt."</p> <p>Drain the last bit of your energy, if not for yourself, for others and your teammates.</p> <p>Other teams are not usually as strong as they may seem.</p> <p>Proper way to work out.</p> <p>Diet for athletes.</p> <p>Don't talk when you are on the boat.</p> <p>Always check your rigger before launching.</p> <p>Pain from giving your best won't kill you, regret from not giving your best will.</p>	<p>Met and hung out with friends outside the Chinese circle</p> <p>Put together awesome music playlists for new rowers</p>	<p>Changed my definition of living.</p>
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