

## Awards and Activities Cheat Sheet

You've started your UC application and are about to complete the Activities and Awards lists, what now? Where do I start? How do I write the descriptions? Draft them in a google doc (or use template below), analyze/rank, sharpen/polish, ask for feedback, submit when ready.

### Key Concepts:

- QUALITY OVER QUANTITY
- Demonstrate: Commitment, Progression, Leadership
- Give **Context**
- You don't need complete sentences, but spelling, commas, etc is important
- Use active verbs: [https://www.wm.edu/offices/career/\\_documents/Active-Verb-List-2016-1.pdf](https://www.wm.edu/offices/career/_documents/Active-Verb-List-2016-1.pdf)
- You are presenting your skills, growth, strengths in **350 characters**
- START EARLY

Activity Type/Name	Leadership positions?	Description *use active verbs*	Hours per week, weeks per year, which grades?
Ex: <u>Extracurricular</u> : Swim Team	Captain	<b>Elected</b> by 50 teammates as Captain, Junior and Senior year. <b>Competed</b> in all strokes and types of events. <b>Specialized</b> in sprints and sprint relays. Also <b>founded</b> a new peer-to-peer mentoring program, pairing up freshman swimmers with junior and senior mentors to support transitions to high school.	Hours p/w: 3 Wks/year: 30 Grades: 10th, 11th, 12th