

Here are some sample listings for different activities on the Activity Grid. Note that you may need to describe the breakdown of how you spend your time in some activities, while others are more straightforward. You will detail your paid work experience in the next section of the application, so do not include it here. Feel free to include significant responsibilities at home or in your community.

Activity 1

Activity 1 Name

National Honor Society

Activity 1: Year(s) Involved

- 2018-2019
- 2017-2018
- 2016-2017
- 2015-2016

Time commitment, weekly and annually

3-4hrs/week/40 weeks/yr

Description of activity, honors or leadership

I was treasurer last year and am president this year. I spend about 15 hours/month on service, mostly tutoring. This year I also spend another hour per week on administrative work as the President and had several meetings over the summer with the advisor. Meetings are 45 mins every other week.

Activity 2

Activity 2 Name

Caretaker of younger siblings

Activity 2: Year(s) Involved

- 2018-2019
- 2017 -2018
- 2016-2017
- 2015-2016

Time commitment, weekly and annually

15 hours / each week during school year

Description of activity, honors or leadership

During my sophomore year, my mother's work hours were 10 am – 6 pm. It became my responsibility to meet my younger brothers (age 7 & 9 at the time) at school, walk them home, supervise homework and often cook dinner for them. During other years of high school, my mother's work hours were during the school day.

Activity 3

Peer Helpers

Activity 3 Name

Activity 3: Year(s) Involved

- 2018-2019
 2017-2018
 2016-2017
 2015-2016

Time commitment, weekly and annually

90 mins/wk/40 wks/yr

Description of activity, honors or leadership

I help in the Special Education classroom 2 periods/week.

Activity 4

Track Team

Activity 4 Name

Activity 4: Year(s) Involved

- 2018-2019
 2017-2018
 2016-2017
 2015-2016

Time commitment, weekly and annually

12hrs/wk/three seasons/year

Description of activity, honors or leadership

I ran Cross Country in the fall, indoor track in the winter and track in the spring. We practiced about 8 hrs/week and meets often lasted three hours. As Captain senior year, I often spent an additional hour/week meeting with the coach, organizing player events and service opportunities. In the summer I ran Captain's Practices 2 hrs/week for 6 weeks and helped with a middle school clinic mornings for a week. My junior year we held two fundraising events for a teammate whose family suffered a house fire.

Activity 5

Odd jobs for elderly neighbor

Activity 5 Name

Activity 5: Year(s) Involved

- 2018-2019
 2017-2018
 2016-2017
 2015-2016

Time commitment, weekly and annually

1-3 hours per week / all year

Description of activity, honors or leadership

My neighbor, an 80-year-old man, lives alone. I help him with whatever he needs: raking leaves, shoveling snow, errands, & odd jobs around the house.