

# Sample Activity Grid

	Activity Name (80 characters max)*	Year(s) Involved *	Time Commitment: Hours per week and weeks per year *	Description of Activity: Honors and Leadership (250 words max)*
#1	National Honor Society	<input checked="" type="checkbox"/> 2019-20 <input checked="" type="checkbox"/> 2018-19 <input type="checkbox"/> 2017-18 <input type="checkbox"/> 2016-17	3-4 hrs/40 weeks/year	Treasurer last year and president this year. I spend about 15 hours/month on service, mostly tutoring. This year I also spend an hour per week on work as the President and 45 mins every other week at meetings. I met with the <u>advisor</u> over the summer.
#2	Caregiver of siblings	<input type="checkbox"/> 2019-20 <input type="checkbox"/> 2018-19 <input checked="" type="checkbox"/> 2017-18 <input type="checkbox"/> 2016-17	15 hrs/week, 40 weeks	My mother worked late that year, so I had to meet my younger brothers (age 7 & 9 at the time) at school, walk them home, supervise homework and often cook dinner. Then my mother's hours changed.
#3	Peer Helpers	<input checked="" type="checkbox"/> 2019-20 <input checked="" type="checkbox"/> 2018-19 <input type="checkbox"/> 2017-18 <input type="checkbox"/> 2016-17	9 hrs/week/4 wks/yr	Helped in the Special Ed class 2 periods per week.
#4	Track Team	<input checked="" type="checkbox"/> 2019-20 <input checked="" type="checkbox"/> 2018-19 <input type="checkbox"/> 2017-18 <input checked="" type="checkbox"/> 2016-17	12 hrs/wk/30 wks/yr	I ran track three seasons. Practice was 8 hrs/week and meets were three hours. As Captain senior year, I spent an hour/week meeting with the coach, organizing player events and service. In the summer I ran Captain's Practices 2 hrs/week/6 weeks, and helped with a middle school clinic 4 mornings for a week. My junior year we held two fundraisers for a teammate whose family had a fire.
#5	Help elderly neighbor	<input checked="" type="checkbox"/> 2019-20 <input checked="" type="checkbox"/> 2018-19 <input checked="" type="checkbox"/> 2017-18 <input checked="" type="checkbox"/> 2016-17	1-3 hrs/week all year	My neighbor, an 80-year-old man, lives alone. I help him by raking leaves, shoveling snow, errands, & odd jobs around the house.