

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	Rescue Animal Shelter	<input checked="" type="checkbox"/> 2020-21 <input checked="" type="checkbox"/> 2019-20 <input type="checkbox"/> 2018-19 <input type="checkbox"/> 2017-18	5hrs/wk, 52wks/yr	I mostly help with new dogs to the shelter. Feed, clean, play, help get them acclimated too.
#2	National Honor Society	<input checked="" type="checkbox"/> 2020-21 <input checked="" type="checkbox"/> 2019-20 <input type="checkbox"/> 2018-19 <input type="checkbox"/> 2017-18	3-4 hrs/wk, 40 wks/yr	Treasurer last year and president this year. I spend about 15 hours/month on service, mostly tutoring via Zoom. This year I also spend an hour per week on work as the President and 45 mins every other week at meetings via Zoom.
#3	Caregiver of siblings	<input type="checkbox"/> 2020-21 <input type="checkbox"/> 2019-20 <input checked="" type="checkbox"/> 2018-19 <input type="checkbox"/> 2017-18	15 hrs/wk, 40 wks/yr	My mother worked late that year. I met my brothers (ages 7 & 9 at the time) at school, walked them home, supervised homework and often cooked dinner. Then my mother's hours changed.
#4	Track Team	<input checked="" type="checkbox"/> 2020-21 <input checked="" type="checkbox"/> 2019-20 <input type="checkbox"/> 2018-19 <input checked="" type="checkbox"/> 2017-18	12 hrs/wk, 30 wks/yr	I ran track three seasons. Practice was 8 hrs/wk and meets were three hours. As Captain senior year, I spent an hour each week helping our coach organize player events and service. In the summer I led the Captain's Practices for 2 hrs/wk for 6 weeks, and helped with a middle school clinic 4 mornings per week. My junior year we held two fundraisers for a team member whose family had a house fire.
#5	Help elderly neighbor	<input checked="" type="checkbox"/> 2020-21 <input checked="" type="checkbox"/> 2019-20 <input checked="" type="checkbox"/> 2018-19 <input checked="" type="checkbox"/> 2017-18	1-3 hrs/wk, all year	I help my 80 year old neighbor with yard maintenance, snow shoveling and odd jobs around the house.