



# EXTRACURRICULAR ACTIVITY LOG

Prepare. Apply. Achieve!



## How should I approach this?

Start by listing all in or out of school clubs or sports, volunteer activities, awards, paid employment (even babysitting or pet sitting counts), summer experiences, moocs, family responsibilities, etc. Even hobbies/self-taught activities that you spend lots of time doing count!

List only activities that you have done since the summer before 9th grade until now. Note in your chart the hours and years spent doing the activity, and a detailed description of what you did in the activity. Be as detailed as you can!

Place the activities that have taken the most time at the top of the list.



Students who are involved in a variety of activities should organize according to categories. Here are some examples. Access College America suggests:

- Extracurricular Activities (including athletics) Awards and Honors
- Hobbies and Special Interests Summer Activities
- Work Experiences and Internships Community Involvement

**THIS IS THE INFORMATION FOR YOUR COMMON APP ACTIVITIES LIST** - We will arrange the items in more detail then.

*Example Activity Logs start on the next page ↓*

## Format of an Activity Log – Examples

Categories are suggestions - feel free to rearrange your own!

These do not represent the activities of one individual.

*\*Location, awards, names, student(s), dates have all been edited...*

### Example 1:

SCHOOL SPONSORED (NOT ATHLETIC ACTIVITIES)	YEARS ACTIVE	POSITION	DESCRIPTION
<i>American Sign Language Club</i>	<i>11th grade 1 hour per week</i>	<i>Co-founder, Vice President, Secretary</i>	<i>My friends and I founded this club after realizing that our only exposure to sign language was during class. We decided to form this club for more practice.</i>
<i>Student Council</i>	<i>Grade 12</i>	<i>Senior Representative</i>	<i>Student Council organizes student focused school activities such as: Community Service Projects, school dances, pep-fests and...this year as a senior representative, I am the voice of my grade. I am the leader of developing enthusiasm in this student body. We speak with administration and plan events that fit within the boundaries of school regulations but are also fun enough to encourage student participation.</i>
<i>Windigo</i>	<i>12 10 hr/week</i>	<i>Layout Staff</i>	<i>Windigo, our school yearbook committee meets everyday to work on our publications. Although I am on layout staff, I contribute in other ways such as taking pictures or interviewing people. Being on layout is very time consuming and a large responsibility because often I have to stay after school to finish the layout in time for the deadline.</i>
<i>Key Club International</i>	<i>11 1-2 hr/week</i>	<i>Senior Class Representative</i>	<i>Key Club International is sponsored by the local Kiwanis Club and was started at Edina High School five years ago. It encourages students to help the community through service projects and fundraisers. As senior class representative, it was my responsibility to communicate projects and volunteer opportunities to students in my grade. Throughout the year, we did various fundraisers and service projects.</i>
<i>Chamber Singers</i>	<i>Senior: Leader Junior: Member</i>	<i>Singer, key leader</i>	<i>Chamber Singers is an elite, madrigal ensemble formed from members of the Concert Choir at Westlake High School. When I was selected my junior year, only two other juniors were chosen. Composed of eighteen voices, of which most are seniors, we rehearse twice a week during our off-season, taking one night for our concert music, and one day for our carols. During the holiday season, we perform everyday, and most days more than once until Christmas is over.</i>

*Example #2 on next page ↓*

## Example 2:

ATHLETICS	YEARS ACTIVE	POSITION	DESCRIPTION
<i>Track and Field Team</i>	<i>10-12 15 hr/week</i>	<i>Captain</i>	<i>I have been on varsity for three years running the 300-meter hurdles. My best time is 48.6 seconds. I was sixth in conference and qualified for section finals. I also am a triple jumper. I have lettered twice, was voted Most Improved last year and was elected one of the captains of the team.</i>
<i>LaCrosse</i>	<i>2019-2020</i>	<i>Center, Third Home, and Attack Wing. Captain</i>	<i>Lettered three years. Named captain for the 2019-20 season. Won third in state in 2019 and won second in state in 2020.</i>
<i>Varsity Competition Cheerleading Team</i>	<i>10th-12th (20 hr/wk, Aug.-Mar.)</i>	<i>Captain</i>	<i>Voted captain senior year – duties include choreography of routines, organization of apparel and fundraisers, team motivation and enthusiasm, decision-making and problem solving. I am a liaison between coach, team members and parents.</i>

*Fill out your own Activity Logs below. ↓*

## School Sponsored Activities:

<b>SCHOOL SPONSORED</b> (NOT ATHLETIC ACTIVITIES)	<b>YEARS ACTIVE</b>	<b>POSITION</b>	<b>DESCRIPTION</b>

## Athletics:

ATHLETICS	YEARS ACTIVE	POSITION	DESCRIPTION

## Community Involvement:

<b>COMMUNITY INVOLVEMENT</b> (VOLUNTEER ACTIVITIES)	<b>YEARS ACTIVE</b>	<b>POSITION</b>	<b>DESCRIPTION</b>

## Employment:

EMPLOYMENT	DATES	POSITION	DESCRIPTION



*\*Disclaimer: This document has been edited for Access College America. Content has been used from other sources. Access College America does not take responsibility for creating this resource. In writing this piece, ideas were drawn heavily from Michelle Hernandez's [Acing the College Application](#) (Ballantine, 2002). Suggestions from [Making It Into a Top College](#) (Harper Collins, 2000) by Howard and Matthew Greene, [Admission Matters](#) (Jossey-Bass, 2005) by Sally Springer and Marion Franck and the website, College Center ([www.csocollegecenter.org](http://www.csocollegecenter.org)) were also helpful. Also prepared by David Breeden with editorial assistance from Sarah Meller, Edina class of 2007.*