

Activity List Instructions

Using the sample below as a guide, **create an activity list to turn in with your brag sheet.** This list will help you as you fill out college applications.

This sample is meant to serve as a general guide. You can organize and structure your list to fit your interests and accomplishments as long as you provide the information requested. This “student” was created to give you a broad sampling of activities.

- Be specific and thorough.
- Briefly explain activities unique to Springwater or the Gresham area. Include positions held.
- Indicate dates of participation (listing grade levels is ideal).
- Indicate the number of hours per week and the number of weeks per year.
- Include activities, athletics, employment, service, awards, significant hobbies, travel.

-Sample Activity List- [your name]

Activities

Gia Garden Club (grades 10-12)

In addition to meeting weekly after school I helped with implementing the Green School Certification Program with a culminating all school assembly.

Ambassador (grades 11 and 12)

This student leadership group assists with freshman orientation and 8th grade recruitment (8 weeks per year, 3 hours per week)

Drama Club (grades 9 and 10)

This club meets weekly for an hour to support the arts and includes gallery visits, demonstrations and open studio for individual work.

Athletic Experience

Gresham High School Swim Team-- grade 9

Co-Captain, grade 9

STHS Basketball -- grade 9 -12

“Inspirational Player” award, grade 10

Volunteer Work

Meals on Wheels (grades 10 and 11)

I served meals to senior citizens at the Gresham area Loaves & Fishes. During the school year 10 hours a month for 9 months.

Campus Ministry and Service Team (grade 12)

I assisted with

Honors & Awards

Optimist of the Quarter - Sophomore year - Spring

Three A's Club - 10th - 2nd semester, 11th - 1st & 2nd semester

Employment

The Gap (summer after 11th grade)

I worked 30 hours a week during July and August.