

Name _____ Per _____

AVID Assignment #20-D: Four Year Plan - Part 3

Now that you have explored the A-G Requirements for university admissions and made a rough plan of your schedule over the next four years, let's explore some other things universities like to see students include in their applications.

Evidence of extracurricular activities is important to the admission process, and **depth of involvement is more impressive than breadth**. Students can achieve this if they:

- Focus on a limited number of interests.
- Document long-term involvement with organizations.
- Highlight activities related to a major or career goal.
- Show leadership skills and ability.

1. **What extracurricular activities have you done (or could you start doing)** that shows a university your depth of interest, commitment, and passion? Is there anything that shows your leadership skills or experiences? These do not *need* to be related to school, career, or college major... but it helps! Extracurricular activities include a wide range of things – basically anything that isn't your core classes: sports, involvement in clubs, special focus on arts and sciences, musical instruments, etc.

Community service on a prospective student's application used to be a big plus. Now, however, it's almost the norm, especially at the more competitive colleges. While any service or volunteering is good, they use this to understand a candidate's level of commitment. For instance, a student who has worked at the same literacy center several days a week for three years will earn more nods of approval than one who has made a one-time effort to do a few days of charity work (though both efforts are admirable). Admission officials are also interested in unusual service endeavors or those that required uncommon initiative. If you've held leadership roles or founded a venture, rather than just joined it, include that.

2. **What community service or volunteering have you done? If it's not much yet, what kind of service would you be interested in doing over the next 3½ years?** You can join existing groups, but also consider starting your own project to make a difference in something that personally interests you.

Personal statements and essays are both a measure of writing ability and a window into each student's background. Admission officers want to hear an original voice in the student's own words.

3. **What examples or stories from your own life would help an admissions officer understand who you are?** List some specific ideas that could get your point across in a brief but memorable way.
