

Suggested Activities Resume Template
YOUR NAME, IN BOLD, ALL-CAPS
Your SS # / your-email-address@aol.com (optional)

Academic Achievements and Awards: Miami Valley School

Years/grades	Activity	Describe the activity, your roles and responsibilities, the nature of the award, and other essential elements necessary to understanding what this is and why/how it indicates something important about you.
--------------	----------	---

Experiential Learning & Immersion Experiences (refer to MVS Profile):

Year(s)	Immersion Title	<u>ABSOLUTELY</u> mention and describe of <u>EACH</u> of your Immersion experiences, including hints of what you got out of them. Remember that Immersion is an <i>especially</i> unique program, particularly as an essential component of MVS's academic program. Share some details relating to what you learned during your immersion experiences; include a brief over-view of your plans for your senior year Immersion, even if they are not yet confirmed.
---------	-----------------	--

Athletic Achievements and Awards: Miami Valley School and/or League Participation

Years/grades	Sport	Description of the sport(s), your position(s) and leadership, awards and distinctions won, and other essential elements necessary to understanding why/how athletics are important to you.
--------------	-------	--

Extra-Curricular Interests: Miami Valley School and outside of school

Years/grades	Activity/club	Detailed description of the activity, club or organization, your roles, responsibilities, or positions, and other essential elements necessary to understanding what this is and why/how it is an important in showing your interests, passions, and how you are involved <i>outside</i> of the classroom.
--------------	---------------	--

Other Sub-Categories: Adapt/Include as many subcategories as is necessary to fully represent the breadth and extent of your interests and activities. Also consider mentioning significant travel, jobs, community service and volunteer experiences, your involvement with your church, synagogue, mosque or temple, and any other activities in which you have a sustained record of involvement and have a *genuine* interest.

Other Interests: (in list form) What are some of your other areas of interest/how do you spend your free time? For example: reading mystery novels, writing poetry, all-terrain mountain biking, jazz piano lessons, aspiring to be "the next Andy Worhol." These items ought not require explanation. By all means, have some fun here (show your personality), but be honest! (Give them some final peeks into your life, how you spend your "free time," and show your subtle sense of humor!)

The narrative portion of the description column should be detailed, yet concise; to conserve space, consider writing in phrases rather than using complete sentences. In time, you will produce a valuable document that provides a series of glimpses into who you are and what is important to you. A well written Activities Resume (which, like your application essay, requires a number of revisions before it will be complete), will save you time when filling out related sections on most college applications. You can simply write "see attached Activities Resume." Be sure to bring copies of your Activities Resume when visiting colleges for tours, information, sessions, and when meeting for formal admissions interviews.

Fictitious Sample Activities Resume
YOUR NAME GOES HERE: BOLD/ALL CAPS
SS # 123-45-6789 / Smartstudent@aol.com (optional)

Extracurricular Activities: Miami Valley School

Grades 9-12	Varsity Soccer	I started as ball boy my 9 th year, played left halfback and center mid-field 10-11 th . Was voted by team to serve as captain 12 th grade, when I started as sweeper. I work for Football Club of Dayton during off-season and summers, serving as team mascot.
Grades 9-11	Student Government	Served as member of Honor Committee, Pep Squad, Prom Planners, and Activities Committee. These activities taught me the value of organization and leadership.
Grades 10-12	Amnesty International	Served as treasurer 10 th and vice-president both 11 th & 12 th . A student facilitated group to provide an open venue to discuss political activism and global awareness in hopes to further understanding through open dialogue. We wrote many "Actions Letters" to governmental organizations in hopes of freeing political prisoners. This year we raised \$536 during a benefit dance for OXFAM.
Grades 11+12	Quiz Bowl	Academic competition held throughout Dayton. Our team successfully competed though the state level, where we placed third and won the award for best debate.
Grades 11+12	Student Tutor	I worked as computer assistant in Middle School Writing Lab during afternoon and free periods. I enjoy working with younger children and in helping my former teachers.

Experiential Learning & Immersion Experiences (See MVS Profile):

Summer, 10	Travel in US	Embarked on an extensive road-trip of US with my family. We drove through 32 States: sites included 8 parks, 15 museums, 22 colleges, and 35 roadside diners.
Grade 11	Habitat for Humanity	Traveled to Arkansas and helped in building three family homes. Slept in a church.
Grade 12	Marine Ecology	Studied hands-on marine ecology in the Bahamas thorough in-depth investigation of coral ecosystems. Also earned my deep-water diving certification.
Summer, 12	Summer at Sea	Plan further study in marine ecology, this time out of Woods Hole, Mass.

Extracurricular Activities: Outside of MVS

Grades 7-12	St. Mark's Church	I have sung in the boys' choir since 8 th grade and now serve as assistant-head chorister. The choir has traveled extensively though England, Europe, and Japan. I serve as acolyte during the winter and spring.
Grades 5-11	Boy Scouts	As member emeritus of Troop 14, I previously served as Patrol Leader, Troop Leader, and Assistant Scout Master. Achieved rank of Eagle Scout in June, 2001. My Eagle Project was implementing a recycling program for used coat hangers, still in place.
Grades 11& 12	Food Not Bombs	I volunteer in a local public soup kitchen 1-3 hours every Wednesday.

Employment

Grade 10	Burger King	Began as fry technician, was promoted to drive-up cashier, then served as assistant manager.
Summer, 10	Miami Valley Hospital	Nurses aid and data entry assistant in pediatric ward. Shadowed RN through her duties, assisted with some minor patient care. Spent Most of my time cheering up patients.
Summer, 11	Biotek, International	Worked as research assistant in a corporate laboratory, learning research protocol.

Academic Recognition

Grade 12	Commended Scholar	National Merit Scholarship Corporation
Grade 11	District Honors	Awarded by Ohio Tests of Scholastic Achievement in Biology and English
Grade 9	"Best in the Hive"	All-around winner of MVS school-wide "Spelling Bee"

Other interests: Writing poetry and short fiction; aggressive urban skateboarding; amateur photography; closet Pokemon collector.