University of California

Activities and Awards Worksheet

In addition to your courses and grades, we want to know about any honors you've received and how you spend your time outside of school. Use this worksheet to prepare concise descriptions of your most significant awards and activities. You may list up to five entries in each category, so think carefully about what you want to highlight. Also make sure to fully describe each item (up to 160 characters) for admissions offices to best understand your involvement.

Extra coursework List additional courses or training taken during high school that do not fit into the academic subject categories of the academic record that demonstrate a particular focus or interest (e.g., language immersion courses or nontransferable college courses).					Year(s) of involvement After					Hours	Weeks	
academic record that dem	nonstrate a particular focus or in							11th	12th		per week	per year
Course name		Description of course										
Educational Preparation Programs List your participation in educational or academic preparation programs that are designed					Year(s) of involvement					Hours	Weeks	
to help students prepare for university study. These programs may include academic enrichment programs sponsored by colleges/universities, research programs and study-abroad programs.					9th	10th	11th	12th	After 12th	per week	per year	
Program name	aren programs and stady abro	Description of program										
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Voluntoor and Commun	ity Service List unpaid work o	h,					s) of invo				Hours	Weeks
Organization	ity set vice List dripaid work c	Description of organization and your responsibilities				9th	10th	11th		After 12th	per week	per year
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Work Experience List pai	id work only.		Year(s)	of involv	ement			Begin	End	Н	ours per	Hours per
Work Experience List paid	id work only.		4				After			r w	eek	Hours per week (school yr)
			4				After	Begin	End	r w	eek	week
			4		11th	12th	After 12th	Begin	End	r w	eek	week
			4		11th	12th	After 12th	Begin	End	r w	eek	week
			9th	10th	11th	12th	After 12th	Begin	End	r w	eek	week
Job title	Responsibilities		9th		11th	12th	After 12th	Begin	End	r w	eek	week
	Responsibilities		9th	10th	11th	12th	After 12th	Begin	End	r w	eek	week
Job title To what use have you or will you	Responsibilities	significant awards you have received since the beginning of	9th	10th	11th	12th	After 12th	Begin	End mo/y	/r Wind (Si	eek ummer)	week (school yr)
To what use have you or will you Awards and Honors List	Responsibilities	significant awards you have received since the beginning of	9th	10th	11th	12th	After 12th	Begin	End mo/y	Award c	eek ummer)	week
Job title To what use have you or will you	Responsibilities	significant awards you have received since the beginning of Description of award or honor	9th	10th	11th	12th	After 12th	Begin	End mo/y	Award c	eek ummer)	week (school yr)
To what use have you or will you Awards and Honors List	Responsibilities		9th	10th	11th	12th	After 12th	Begin	End mo/y	Award chonor ty	or ype like Other	week (school yr)
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To what use have you or will you Awards and Honors List Award or honor	Responsibilities put your earnings? and briefly describe the most	Description of award or honor	9th	de.	11th	12th	After 12th	Begin mo/yr	End mo/y	AAward Control to the	or ppe sic Other	Date received
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