

**Name:**

## High School Activities List:

Use the list of activities below to help you brainstorm what you might want to include on your activity chart. Check the box for each activity you have participated in.

### Sports:

- |   |                                       |  |
|---|---------------------------------------|--|
| <input type="checkbox"/> Baseball or Softball | <input type="checkbox"/> Golf         | <input type="checkbox"/> Swimming        |
| <input type="checkbox"/> Basketball           | <input type="checkbox"/> Gymnastics   | <input type="checkbox"/> Tennis          |
| <input type="checkbox"/> Cheerleading         | <input type="checkbox"/> Hockey       | <input type="checkbox"/> Track and Field |
| <input type="checkbox"/> Cycling              | <input type="checkbox"/> Lacrosse     | <input type="checkbox"/> Volleyball      |
| <input type="checkbox"/> Dance/ Dance Team    | <input type="checkbox"/> Martial Arts | <input type="checkbox"/> Water Polo      |
| <input type="checkbox"/> Equestrian           | <input type="checkbox"/> Skiing       |  |
| <input type="checkbox"/> Football             | <input type="checkbox"/> Soccer       |  |

### Clubs:

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> African American Student Alliance | <input type="checkbox"/> Debate Club            | <input type="checkbox"/> Robotics Club           |
| <input type="checkbox"/> American Sign Language Club       | <input type="checkbox"/> Drama Club             | <input type="checkbox"/> Trivia or Quiz Clubs    |
| <input type="checkbox"/> Art Club                          | <input type="checkbox"/> Key Club               | <input type="checkbox"/> Web design/Coding Clubs |
| <input type="checkbox"/> Biology or Chemistry Club         | <input type="checkbox"/> International Club     | <input type="checkbox"/> World Language Clubs    |
|  | <input type="checkbox"/> National Honor Society |  |
|  | <input type="checkbox"/> Peer Tutoring          |  |

### School Activities:

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Band/ Choir/ Orchestra | <input type="checkbox"/> Odyssey of the Mind                      | <input type="checkbox"/> School Television Channel |
| <input type="checkbox"/> High School Theatre    | <input type="checkbox"/> Pre-college Programs- ASPIRE, AVID, ETC. | <input type="checkbox"/> Student Council           |
| <input type="checkbox"/> Mock Trial             | <input type="checkbox"/> School Newspaper                         | <input type="checkbox"/> Student Government        |
| <input type="checkbox"/> National Spelling Bee  | <input type="checkbox"/> School Radio Station                     | <input type="checkbox"/> Yearbook                  |
| <input type="checkbox"/> National History Bee   |   |  |

### Political Groups:

- |                                     |  |  |
|-------------------------------------|--|--|
| <input type="checkbox"/> Model U.N. | <input type="checkbox"/> Teenage Republicans | <input type="checkbox"/> Young Democrats |
|-------------------------------------|--|--|

### Community Groups:

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> 4-H                   | <input type="checkbox"/> Gay-Straight Alliance | <input type="checkbox"/> NOW- National Organization for Women        |
| <input type="checkbox"/> Amnesty International | <input type="checkbox"/> Habitat for Humanity  | <input type="checkbox"/> SADD- Student Against Destructive Decisions |
| <input type="checkbox"/> Boy/Girl Scouts       | <input type="checkbox"/> Junior ROTC           |  |
| <input type="checkbox"/> Cancer Foundation     | <input type="checkbox"/> JUNTOS                |  |
| <input type="checkbox"/> Civil Air Patrol      |  |  |

## High School Activities List Continued

### Religious Groups:

- |   |   |                                       |
|---|---|---------------------------------------|
| <input type="checkbox"/> Church Groups                    | <input type="checkbox"/> Jewish Student Union | <input type="checkbox"/> Youth Groups |
| <input type="checkbox"/> Fellowship of Christian Athletes | <input type="checkbox"/> Missionary Work      |                                       |

### Employment/ Work Interests:

- |  |                                       |  |
|--|---------------------------------------|--|
| <input type="checkbox"/> Part Time Job | <input type="checkbox"/> Job Shadow   | <input type="checkbox"/> Informal Jobs- Lawn mowing, etc |
| <input type="checkbox"/> Internship    | <input type="checkbox"/> Baby Sitting | <input type="checkbox"/> Volunteer work                  |

### Family Obligations:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Baby Sat Younger Siblings | <input type="checkbox"/> Provided Translation Services for Family Members | <input type="checkbox"/> Financially Supported Family Members |
|--|---|---|

### Other Activities:

- |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Student Name:

Grade:

<b>Category</b> 1- School 2- Volunteer 3- Work	<b>Activity Title</b>	<b>Frequency</b> 1- One-Time 2- Seasonal 3- Ongoing	<b>Date:</b> From	<b>Date:</b> To	<b>Hours Per Week</b>	<b>Total Hours</b>	<b>Description (125 Character Limit)</b>
<i>Ex: 1</i>	<i>Mock Trial</i>	<i>2</i>	<i>Jan '21</i>	<i>March '21</i>	<i>8</i>	<i>96</i>	<i>Participated as a defense lawyer. My team won regional competition and placed 5<sup>th</sup> at state.</i>

