

The Activities CHART

Grades: 9,10,11
Time: 10-15 min.

Background Information

A completed activity chart can be used to help students apply for scholarships or complete applications for college, technical schools, or apprenticeship programs. In addition, the chart can be used to build a strong resume. By starting an activity chart in 9th or 10th grade it helps students not only track what activities they participate in but also helps plan future activities that might “fill in the gap” in their activity charts.

Procedure:

Step 1: Explain that today you are going to work on an activity chart; an activity chart is a list of your accomplishments and how much time you have spent volunteering, working, or participating in clubs or other activities.

Step 2: Use the [High School Activities List](#) to help students brainstorm activities they completed in high school and may wish to include on their activity chart.

Step 3 Using the [Activity Chart Template](#) assist students as they complete as much of the chart as possible. It might be helpful to have the school website open to help your student remember what activities/clubs or sports they participated in. Students who may not have a lot of activities, should list any significant family responsibilities that show leadership and responsibility (Example: childcare for siblings to allow parents to work, translation, etc.).

Step 4: Once the activity chart is complete, review it with your student. Some questions you might ask include:

- Does your activity chart include a balance of things?
- What’s missing from your chart if anything?
- What are you thinking of doing this year or next year that you could add to the chart?
- What activities are your favorite? Do they align with any careers of interest?

Step 5: Save the student’s Activity Chart in their student file. Make sure to review and update the chart at least twice a year or more frequently.

Optional:

- The Facilitator Note Page includes additional tips for modifying this mini lesson to meet the needs of your students.

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"/> |

Facilitator Notes

Overview:

The Activity Chart worksheet can be used to help students apply for scholarships or complete applications for college, technical schools, or apprenticeship programs. In addition, the chart can be used to build a strong resume. By starting an activity chart in 9th or 10th grade it helps students not only track what activities they participate in but also helps plan future activities that might “fill in the gap” in their activity charts.

Extension Ideas:

This activity is designed to be a short self-contained worksheet that students can do independently. Facilitators can extend or modify the activity in several ways to meet the needs of their students, here are some suggestions.

- **Scholarship Essay:** If using this mini lesson in preparation for completing the OSAC Scholarship application, use the Scholarship Essay mini lesson to continue your preparation.
- **Who Gets the Money:** If using this mini lesson in preparation for completing the OSAC Scholarship application, use the Who Gets the Money mini lesson to continue your preparation.
- **Think- Pair- Share:** If facilitating this mini lesson as a group activity have students pair up and talk about their high school activities and experiences. After they have discussed in small groups, have each small group share out some of the things they talked about. Once each group has shared have students complete the High School Activities list.
- **What’s Missing?:** Once students have completed the mini lesson as instructed have students reflect on the activities they have completed and discuss if their activity chart shows a well-rounded individual or if the activities chart shows a gap. Students can either complete this as a discussion or as a written reflection.
- **Activity Charade:** If completing this mini lesson as a group activity have students “charade” an activity. Once the rest of the group guesses correctly have students mark off if that activity applies to them.
- **Chart Vote:** Before having students complete the mini lesson on their own, show three or four examples of completed or near completed activity charts (make sure that some of the example charts are unbalanced or missing information and tape them to the walls). Once students have examined each chart have them “vote” on which activity chart they would award a scholarship too by taping a fake dollar bill to a copy of the activity chart. Once the voting is complete discuss what made some activity charts better than others then have the students complete the mini lesson as instructed.
- **Trade Chart:** For students who are interested in pursuing a trade or technical career have them complete the activity chart but have them include activities that could be used in an apprenticeship application or portfolio. Include things like technical skills (using saws, hand and power tools), relevant volunteer work or employment (habitat for humanity), leadership skills, sports or teamwork. Once the activity chart is complete have them collect pictures of their work if possible.