

EXTRACURRICULAR ACTIVITIES CHART

Goal: Show colleges and universities how unique you are!

Directions: Fill in this table throughout your time in high school. You can start filling this out as early as your freshman year!

Examples of activities you might want to include:

- Academic Clubs or teams
- Academic competitive teams
- Activism
- Affinity groups
- Art
- Clubs
- Family responsibilities
- Hobbies
- Work
- Honor society
- Honor society
- Leadership
- Military
- Other experiences that might be meaningful to you
- Religious
- Special interests
- Sports and recreation
- Volunteer work

Category	Activity Title	Dates From-To	Hours per week/month	Total Hours	Responsibility/ Accomplishment
Example: Academic	OSU Juntos Program	10/01-11/05	15 hours	15 hours	Participated in the OSU Juntos program with my family to learn more about access to higher education.



Oregon State
University



PASOS
STEPS
PASOS COLEGIALES | COLLEGE STEPS

Category	Activity Title	Dates From-To	Hours per week/month	Total Hours	Responsibility/Accomplishment



Oregon State University
Extension Service

