Activities and Awards Worksheet

(Part of the UC Undergraduate Admissions Application)

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.

Additional HS coursework (sophomore transfers only) 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).

Course name	Description of course	Year(s) of involvement: 9th	10th	11th	12th	After 12th	Hours per week	Weeks per year
		☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐		
***NOT APPLICABLE	FOR TRANSFER APPLICANTS***	☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐		

Educational Preparation Programs List your participation in educational or academic preparation programs that are designed to help students prepare for university study. These programs may include academic enrichment programs sponsored by colleges/universities, research programs and study-abroad programs.

Program name	Description of program	Year(s) of involvement: 9th	10th	11th	12th	After 12th	Hours per week	Weeks per year
		☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐		

Volunteer and Community Service List unpaid work only.

Organization	Description of organization and your responsibilities	Year(s) of involvement: 9th	10th	11th	12th	After 12th	Hours per week	Weeks per year
		☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐		

Work Experience List paid work only.

Job title	Responsibilities	Year(s) of involvement: 9th	10th	11th	12th	After 12th	Begin mo/yr	End mo/yr	Hours per week (summer)	Hours per week (school yr)
		☐	☐	☐	☐	☐				
		☐	☐	☐	☐	☐				
		☐	☐	☐	☐	☐				
		☐	☐	☐	☐	☐				

To what use have you or will you put your earnings?

Awards and Honors List and briefly describe the most significant awards you have received.

Award or honor	Description of award or honor	Award or honor type: Academic	Other	Date received
		☐	☐	
		☐	☐	
		☐	☐	
		☐	☐	
		☐	☐	

Extracurricular Activities List and briefly describe the activities you have been involved in.

Activity	Description of activity Note any leadership positions.	Year(s) of involvement: 9th	10th	11th	12th	After 12th	Hours per week	Weeks per year
		☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐		
		☐	☐	☐	☐	☐		