

UC Application Workshop

Awards and Activities

What UC evaluates

Academic	Non Academic
Grade point average	Achievements in special projects
Test Scores, if submitted	Special talents/achievements/awards
Performance in & number of courses beyond the minimum A-G requirements	Improvement in academic performance
UC-approved honors and advanced courses	Participation in educational preparation programs
Eligibility in the Local Context (CA residents only)	Academic accomplishment in light of life experiences
Academic opportunities in schools	
Outstanding performance in one or more academic subject areas	

**ON MAY 21, 2020, THE REGENTS
UNANIMOUSLY VOTED TO:**

- Eliminate the requirement of the SAT or ACT
- Eliminate the SAT Essay/ACT Writing requirement

Evaluating Extracurricular Activities in the Context of COVID-19

UC campuses understand remote learning is disturbing students' enrichment activities

Disruption to Extra-curricular Activities

Personal Projects

Tip: Students should focus on what activities they DID do, not what activities they could no longer do.

Virtual Courses, Fairs, Seminars

Virtual Service

Social Media

Use PIQs Carefully

Personal Insight Questions are key to give context to students' activities and leadership during COVID

All Activities Have Value

School Activities

- Sports
- Clubs
- Summer programs

Home Responsibilities

- Caring for siblings
- Elder care
- Maintaining household

Community Commitments

- Involvement in faith-based organizations
- Helping in neighborhood/community
- Internships

Employment

- Family business
- Summer or afterschool job
- Creating a business

Virtual Opportunities

- Blogs, social media

The Application

- Students may enter up to 20 activities and/or awards
- The UC does not have a preference

✓ -- select --

Award or honor
Educational preparation program
Extracurricular activity
Other coursework
Volunteer / Community service
Work experience

Add activities & awards



You've told us what you did inside the classroom, and now you'll have the opportunity to tell us about what you're most proud of outside the classroom. We're looking for quality, not quantity - which means that even though you'll have room to tell us about 20 activities and awards, make sure to focus on the ones that are most important to you. Choose experiences that demonstrate commitment, responsibility, leadership, and most of all, genuine interest.

> 1. Educational preparation program
Cal-SOAP

Delete

Edit

> 2. Extracurricular activity
Track & field varsity team

Delete

Edit

Add another activity or award

I've finished adding activities

The Application

- Students will enter their activities in 9th - 12th grade
 - Includes spring semester of senior year
 - After 12th is for a "Gap Year"
- Students will include time spent on the activity
 - Average hours

When did you participate in this activity? *

If you participated during the summer, select the grade you were in before that summer.

- ☒ 9th grade
- ☒ 10th grade
- ☒ 11th grade
- ☐ 12th grade
- ☐ After 12th grade
-

How much time did you spend on this activity? *

It's ok to estimate, but try to be as accurate as possible.

Hours spent per week:

Weeks spent per year:

The Application

- Students will have 350 characters to describe each activity
 - Change from 500 last year
 - Title is 60 characters
- Do not need full sentences
- Focus on their role or responsibility
- May expand in PIQs

What's the name of the activity? *

Volleyball

What did you do? *

Think about your experience, and what you accomplished and learned. We'd also like to know if you've held a leadership role, which can mean more than just a title — it can mean being a mentor to others, acting as a point-person in charge of a specific task, or taking a lead role in organizing an event or project.

350 characters remaining

A note on COVID-19...

- Students are evaluated within their context
- Students will not be penalized for lack of activities at this time
- If they were able to continue their activity (i.e. online), how did the activity change and how did they adjust?
- Students may have new responsibilities at home
- If they had an activity planned and it was cancelled before it began, make a note in "Additional Comments"



Diversify

- Not all 20 entries have to be from the same category
- Consider activities/awards not affiliated with school:
 - home responsibilities
 - faith-based community service
 - part-time employment



Demonstrate Consistency

- What does the student have experience with?
- Can their experience be quantified?
- Has the student been involved in the activity before high-school?
- Were there opportunities for growth or leadership?



Quantify and Measure

- Significance of award or honor
- How much did the student contribute?
- Account for:
 - Total time
 - Scope
 - Impact of their work



Example #1: Work Experience

Activity

Farm Work

Description

*"**Helped** with my father's business since he is the **sole employee**. I started helping in the **6th grade**. **Worked moving produce, selling produce and planting seeds after school and on the weekends**. The farm business was **shut down** before 12th grade."
(238 characters)*

Length of Involvement

Years involved: 9th - 11th
Hours per week: 25
Weeks per year: 50

Example #3: Extracurricular Activity

Activity

Olympic Development Program

Description

*"I've competed with the **best of the US** and got to the top. Also making the tiny cuts to get to the very top were very rewarding."* (126 characters)

Length of Involvement

Years involved: 9th - 11th

Hours per week: 2

Weeks per year: 21

Example #5: Educational Preparation Program

Activity

MESA

Description

"Being a part of the MESA program has been a great experience. MESA students are able to discuss with each other and come up with ideas that will help our project." (161 characters)

Length of Involvement

Years involved: 10th - 11th

Hours per week: 7

Weeks per year: 45

Common Myths & Misconceptions

The Volunteer and Community Service Section is the most important...

No category in this section is more important than the others. Students should consider ALL categories.

They don't read it anyway!

This is one of two ways to get to know the student outside of the classroom. Consider this as their unofficial resume.

Twenty entries are mandatory...

We do not have a set list of activities that are required. However, we will look for consistency, longevity and commitment. Quantity is not valued more than Quality.

Each entry must be 350 characters long...

Being clear and concise is an important part of this section. Remember that we are not looking for complete sentences!

Readers only want to see school activities...

Students should consider school, community, county, state, national and international involvement.

Top Mistakes Made by Students

Leaving this
section blank

Assuming we
know the activity

No clarity on
roles and
responsibilities

Unaware of the
importance of
the section

Talk more about
the activity than
themselves

*What victories can you share about things that happened outside of the classroom?

*How can UC better understand your world, responsibilities, and challenges?

*Which of your involvements show leadership, consistency, and commitment?

I am the editor for the school newspaper

Try: **Editor of International Column, School Newspaper**

Responsible for brainstorming, revising, and supervising articles by other writers for my column.

****Emphasize tangible, measurable impact.**

Whom did your activity help? How many people? How much money did you raise?

Instead of: Raised money for children in Africa.

Try: Raised \$3,000 to provide three uniforms and scholarships for students attending the Joseph Waweru Home School in Kenya:

http://www.exop.org/home_school.html

****Use active verbs to explain what you actually did (list your tasks).**

Instead of: Worked at a clinic doing different things.

Try: Organized patient diagnosis notes, sterilized tools for surgeries, assisted with x-ray analysis.

Want an epic list of verbs? [Click here.](#)

****To fit in more info: use lists, don't use complete sentences, cut extra words.**

Instead of: I raised money to donate to a school in Ghana in Africa by selling t-shirts and bracelets.

Try: Arranged advertising events, organized fundraisers, and gave presentations at school meetings.

****Use the present tense if it's something you still do.**

Instead of: I helped tour visitors around the campus and presented some information on school history and student life.

Try: I give campus tours, providing info on school history, student activities, boarding life.

****Aim for variety in your list, making sure your verbs aren't redundant.**

Instead of: Instructing, helping, teaching children tennis (how are these three different?)

Try: Instructing in proper technique, while imparting lessons in sportsmanship, health and integrity.

Childcare, Babysitter

(250 characters)

Independent babysitting service. Hired by local parents, teachers, or family. Regular babysitting jobs at 14 separate households in the Chicago suburbs. Services are advertised on several local list serves and safesitter.com for interested families. (250 characters)

What did you do? (350 characters)

Worked 3-5 days/wk taking care of two children, ages 1 and 3. Responsibilities included **feeding, transporting, and regulating bed times**. Took care of children 4-6 hours each day. **Learned** value of patience, self-reliance, and time management. Provided authority, structure, and stability for toddlers. Gave parents time to relax and focus on work. (347 characters)

Jones-Davis High School Student Store, Manager/Cashier

(250 characters)

Provides office supplies, school textbooks, snacks, meals, drinks, and branded school gear for purchase. 100-150 items sold each day and profits given to the administration for school improvement projects like a new community garden. (233 characters)

What did you do? (350 characters)

Developed student store policies, **reviewed** resumes, and **hired** accordingly. Announced new gear arrivals and communicated financial updates to student body Treasurer. Worked twice a week as cashier. Coordinated a project the Environmental Club publicize details about how much methane was released in the production of each food item. (333 characters)