



15 Successful Activities Lists

from students who got into the Ivy League, Stanford and more



There is no doubt that the Activities section is one of the most important parts of the US Common Application. In a world of rising application numbers, and more significantly, an increase in the number of students reporting stellar test scores, admissions officers are relying more heavily on the Activities section to determine whether or not an applicant will receive that coveted letter of acceptance. The great thing about the Activities section is that — beyond your personal statement — it provides a unique opportunity to showcase who you are, what matters to you, and how you demonstrate your passions beyond the classroom.



What does a winning Activities List actually look like?

At Crimson our extracurricular mentors — who are graduates from the very universities our students are aiming for — take great care in helping their students build an impressive extracurricular profile. This is imperative for students looking to show admissions officers that beyond their test scores or essays, they are passionate, active members of their communities who will ultimately be great contributors on campus.

Securing these extracurricular projects and leadership positions is only the first step. From there, it's important to meaningfully communicate them on that all-important character limited Common App Activities page.

So...before we dive into some successful Activities Lists from Crimson students who gained admission to some of the most competitive universities in the US, we asked Crimson senior strategist Gabe Gladstein, for his top 5 tips on negotiating the Activities section.

Read on to learn more, and then enjoy comparing the wonderfully diverse Activities List examples from just a few of our thousands of successful students. To learn more about Crimson and how we can help you build the ultimate Activities List, click on the link at the end of the booklet.

Good Luck!

The Crimson Team

GABE GLADSTEIN

Crimson strategy expert and head of product Gabe Gladstein graduated from Harvard Magna Cum Laude with a degree in Government and an academic focus on the study of ethics in war and Chinese politics. In 2018 Gabe graduated with a Master's degree in Music from the New England Conservatory of Music. Gabe has worked with hundreds of Crimson students to help them gain admission to the Ivy League, Stanford, MIT, Duke, U Chicago, UC Berkeley and many, many more.



TIP 01

Fill in all 10 available tabs on the Activities List page

At Crimson our goal for students is to always have at least 10 activities on the list — because that's as many as the Common App will allow! If you have more than that, awesome! You may be able to use the Additional Information section of the Common App to describe those extras later on.

TIP 02

Examine the List categories carefully

The Common App offers a series of Activities categories including Academics, Art, Athletics, Career, Community Service, Computer/Technology, Cultural, Dance, Debate/Speech, Dance, Environmental, Family Responsibilities, Foreign Exchange, Journalism, ROTC, LGBT, Music, Religious, Research, Robotics, School Spirit, Science/Math, Student Government, Theatre/Drama, Work Experience and 'Other' eg: club activities. Suffice to say, there are a multitude of options to choose from!

Every student will have categories they naturally gravitate to, but don't overlook others such as 'Family Responsibilities' which may be relevant to your everyday life and commitments, and speak to who you are as a person.

TIP 03

Make every character count!

The Common App Activities Section only grants you 150 characters to describe each individual activity!

When it comes to writing those descriptions, the goal is to summarize your responsibilities and the outcomes from your activities using direct and specific language. If possible, use numbers or other clear points of reference to directly measure your impact.

TIP 04

Be intentional about how you order your 10 activities

As mentioned, you should try to fill in all 10 available activity slots — but in doing so, try to list your activities in order of those you are most passionate about to those that may be less important on your list. If you've chosen a major at the schools you are applying to, then activities relating to that major should be near the top. If you've won any impressive awards, particularly at the national or international level, those should absolutely be at the top as well!

TIP 05

Make sure your list truly reflects your unique personal passions

As with your personal statement, your Activities List should shed a light not just on what you have accomplished, but what you will bring to campus given both your past experiences and your desire to contribute in your own unique way. Admissions officers are dedicated to filling their campuses with a diverse range of students from all walks of life, boasting a rich variety of interests and ambitions. In other words, be yourself and make sure your Activities List shines as a true compliment to all other areas of your Common Application.



Activities List of a successful Stanford and Princeton Admit



1

SOCIAL JUSTICE

Sec. and Spokesperson, Cancer Action Network

Advocated NSW gov. to pass legislation for \$100m AUD for palliative care access to lower socioeconomic classes; collected 150K sigs; lobbied MPs.

2

COMMUNITY SERVICE

Youth Ambassador, Cancer Council New South Wales

Increased yth. participation by 250% in the region through outreach; raised \$11KAUD through Relay For Life.

3

JOURNALISM / PUBLICATION

Freelance Journalist, Group Co-leader

Published in The Huffington Post, Sydney Morning Herald, The Age on various youth & sociopolitical issues.

4

SOCIAL JUSTICE

Community Ldr, Oaktree (largest youth. led org).

Worked closely with CEO to develop alternative curricula for use in developing countries; raised \$5K AUD.

5

DEBATE / SPEECH

Club Leader (MHS Speaking Club)

Winner Nat/State Cmlth of Aus Speech Comp: 1st nationwide '17; Lions Youth Quest State Winner & Nat. Finalist '16; ATCL Int. Diploma w/ Distinction & 90 credits.

6

RESEARCH

Australian Educational Research, U. of Newcastle

Researched contemp. education issues w/ Prof. Gore; Halogen Foundation International Comp Winner.

7

COMMUNITY SERVICE

Deputy Mayor, Newcastle Youth Council

Launched Youth Online Survey w/ Newcastle Council; 4000 participants. Young Citizen of the Year Award Winner.

8

DEBATE/SPEECH

Leader, MHS Debate Team

Leader, National Team UN Evatt State Winner & National Finalist '16; Rotary MUN 2nd Nationally '17; Premier's Debating Challenge State Semi-Finalists '15.

9

ACADEMIC

Student, Harvard Summer School (7 week programs)

Received A grade in two college level courses: Leadership in War & Peace, Introduction to Philosophy.

10

INTERNSHIP

Intern for Minister for Environ. & Heritage

Wrote speeches that were delivered by MP in Parliament; compiled daily briefs on electorate needs; visited constituents to learn about key issues 7 Writing.



Activities List of a successful Yale admit

1

RESEARCH

Student Researcher, American Heritage Student Research Program

ISEF '19 2nd Place Materials Science; 2 pending publications in Islet cell transplantation for diabetes; internship w/ Dr. Wertheim @ Northwestern.

2

RESEARCH

Researcher, MIT Research Science Institute Summer Program

Researched vascular changes of vaping w/ Dr. Hamburg; studied computational biology; developed FindCovidtests.com w/13k hits; wrote draft publication.

3

SOCIAL JUSTICE

Director and Archive Founder, Butterfly Project (Genocide awareness educational initiative)

Implemented awareness curriculum & art contest for 1200; raised \$1600 for Yazda through Bagel Brunch; founded documentation website w/ 10 collaborations.

4

SOCIAL JUSTICE

Founder and Director, Dreams of Hope (Pen Pal program)

Spearheaded letter writing & exchange campaign for 100 ICE detainees; lead presentations to audience of 300 churchgoers; mentored 10 younger activists.

5

SCIENCE / MATH

Vice President, AHS Sigma Xi (Research Honors Society)

Organized science fair of 350+ entrants; exposed new students to research through lab skills workshops; fundraised \$300 for clinical trial funding.

6

SOCIAL JUSTICE

Co-President, Tikkun Olam (Jewish cultural group)

Organized field trip to Holocaust museum for 100+; planned Holocaust awareness assembly with 400+; planned cultural events promoting Jewish heritage.

7

RELIGIOUS

Migration Mass Activities Coordinator, Our Lady of Health Mission League

Taught & performed a bharatanatyam dance to 500+ to showcase multinationality, diversity, and unity in Christianity; weekly Sunday school.

8

DEBATE/SPEECH

Exec Board & Social, Humanitarian & Cultural Chair, AHS Model UN

Lead LGBTQ rights research and case writing; assisted in organizing school's annual conference; coordinated finances; provided feedback to delegates.

9

ACADEMIC

President, AHS English Honors Society Organized national

Collaboration for banned books week; fundraised \$1000 for Hunter's Syndrome research through open mic nights & Renaissance fest.

10

DANCE

Bharatanatyam Dancer, Temple of Dance (Dance school)

Trained in Indian classical dance and learned history; performed in 15 shows of Kerala Samajam; choreographed fusion dance routines for 10 students.



Activities List of a successful Duke and Tufts Admit



1

STUDENT GOVT. POLITICS

Prefect, House Captain, Peer Support Leader

Lead 140 students in School Spirit Competitions and won Spirit Cup. Organised 15+ events, lead fundraising \$6,000+ for school in Kenya vis Goods for Girls.

2

THEATRE / DRAMA

Lead Actor, Knox School Academy of Performing Arts

Lead female: Musical 'Bye, Bye Birdie'. 4 dance solos, cast of 85, 10 schools, trained jnr cast, sold tickets for production.

3

THEATRE / DRAMA

Lead Actor, Abbotsleigh School for the Performing Arts

Music Theatre: 'The Little Mermaid'. Leading role 'King Triton'. 2 solo numbers. Cast of 80, sold tickets for production.

4

DANCE

Member of Team 'Abbotsleigh Crew' School of Competitive Dance

Varsity, Jazz, Hip-Hop teams. Hip-hop 2 x 1st 2016, 1 x 2nd 2017 in regional comps (30 schools). Toured USA in 2015.

5

MUSIC VOCAL

Member of Choir, Jazz Ensemble, Chamber Choir

10+ solo performances at major school events. (Speech days, Chapel services, Parent concerts.) Extended tuition, AMEB honors.

6

ATHLETICS JV / VARSITY

Tennis Varsity Doubles Player in Tildsley Rep Tennis

Private tennis and selective squads to complete in IGSSA representative tournaments (30 schools).

7

ATHLETICS JV/VARSITY

Basketball Varsity Second Team Shooting Guard

Won IGSSA regional comp in 2016 (30 schools). Awarded silver honors for sport commitment.

8

COMMUNITY SERVICE

Volunteer: Habitat for Humanity Fiji

Selected as 1 of 10 (50 applied) to go to Fiji and spend 2 weeks building/planning house for single mother living in small rural community.

9

STUDENT GOVT. POLITICS

Petition for Women in Government

Initiated school movement to petition Julie Bishop/MP after Prime Minister resigned - need for women in parliament.

10

OTHER / CLUB ACTIVITY

PADI Scuba Diving Certifications

Advanced Open Water Rescue Diver. Enriched Air, underwater photography certifications.



Activities List of a successful Princeton, Brown, UChicago and Johns Hopkins Admit



1

MUSIC VOCAL

**Co-President, Allegro Council
(Music Council)**

Led team of 20 students to organize & promote 20+ events all across campus: vocal & jazz concerts, musical showcases; coordinated with music faculty.

2

COMPUTER / TECHNOLOGY

Member, Lawrenceville Computer Programming Club

Taught 10+ members languages such as Python, Javascript, CSS/HTML; competed in local competitions; placed 5th in competition at Rowan University.

3

MUSIC VOCAL

**Co-President,
Rouge Acapella Group**

Led team of 17 all girls performers; arranged all pieces; arranged performance opportunities within school: revisit days, fundraisers, concerts.

4

COMPUTER / TECHNOLOGY

**Software Developer,
Lawrenceville 24H Pass System**

Utilized Javascript to create a centralized mobile/web app to share course info between teachers & 800+ students; replaced antiquated paper system.

5

MUSIC VOCAL

**Singer (Alto),
Lawrentians Choir**

Weekly practices; 6 performances a year, including during revisit days, choral concerts, and Christmas gatherings.

6

THEATER / DRAMA

**Cast Member,
Various School Musicals**

Played lead role of Tobias in Sweeney Todd '19; ensemble member in Guys & Dolls '17; featured role in Urinetown '18; designed all posters.

7

JOURNALISM / PUBLICATION

**Managing Editor, Working Title
(Literary Magazine)**

Managed publishing and submission schedules; coordinated writers, editors, and artists; personally contributed to every single issue (7+).

8

ATHLETICS - JV / VARSITY

**Softball, Team Captain,
Lawrenceville JV Softball**

Starting pitcher; elected team captain in Junior year; planned and led practices with coaches; learned a brand new sport.

9

OTHER CLUB / ACTIVITY

**VP of Community Service, Int.
Student Association**

Hosted orientation events for 100+ students; organized fundraisers for international social issues; raised money for Save the Children.

10

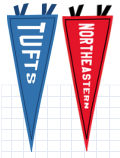
ATHLETICS - JV / VARSITY

**Basketball, Team Manager,
JV Girls Basketball**

Organized game schedule with opposing teams; managed scorebook during games; assisted coaches with managing practices.



Activities List of a successful Dartmouth, University of Michigan Ann Arbor, Tufts and Northeastern Admit



1

(Volunteer)

COMMUNITY SERVICE

**President, Best Buddies
International (WY Chapter)**

Spearheaded music therapy initiative; raised \$3000 for therapy for students w/ disabilities; facilitated and developed 100+ mentor-buddy relationships.

2

MUSIC INSTRUMENTAL

**Violinist, Chicago Youth
Symphony Orchestra**

Selected through rigorous audition process; prestigious Chicagoland youth orchestra; 14+ free community concerts for public schools; weekly rehearsals.

3

SCHOOL SPIRIT

**President,
WY Freshmen Mentors**

Organized annual freshman orientation (500+ new students) and BBQ; coordinated team-building activities; paired new students to peer advisers.

4

ATHLETICS CLUB

**Gymnastics, Captain,
IK Gymnastics Chicago**

Ranked Top 50 '16 '17 USA Gymnastics Men's Trampoline; led practices of 15+ athletes; coordinated team travel and timetables at competitions.

5

(Volunteer)

COMMUNITY SERVICE

**ESL Tutor, Heartland Alliance
Human Care**

Taught advanced ESL to adult learners; weekly classes; only high school aged volunteer; 100+ hours of tutoring.

6

(Volunteer)

COMMUNITY SERVICE

**President,
NJHS (WY Chapter)**

Coordinated service opportunities for 200+ students at school and in local community; fundraised over \$2000 for Chicagoland charities.

7

(Volunteer)

COMMUNITY SERVICE

**Junior Exec. Board Officer,
Misericordia Home**

Social media chair for springtime fundraiser; 150+ hours of service; organized teen outreach camp for prospective residents.

8

WORK

**Gymnastics Coach,
IK Gymnastics**

Progressed from assistant coach to coaching own recreational classes; part-time job.

9

ACADEMIC

**Student,
Yale Young Global Scholars**

Studied Frontiers of Science and Technology; advanced topics in gene editing and public health; final group presentation on food insecurity.

10

ATHLETICS - JV / VARSITY

**Sailing, Founding Member,
WY Varsity Sailing Team**

1 of 15 initial team members; organized transportation to practice on Lake Michigan; fundraised gear and startup costs.



Activities List of a successful Columbia Admit

1

JOURNALISM / PUBLICATION

Creative Editor, The Picador (School Newspaper)

Selected as Creative Editor; oversee Outside The Bubble and Culture column; responsible for layout management; wrote articles on socialism.

2

ART

Vice Organizer, MUSE Exhibition (Hanoi)

Art exhibition with over 10,000 attendees; 40 pieces displayed; raised \$3000 for gender equality awareness; oversaw PR campaign & liaised with sponsors.

3

INTERNSHIP

Economics Column Intern, TienPhong.vn (VN News)

Conducted interviews with prominent economists; attended banking & economic conferences; collated materials for column; translated articles to English.

4

THEATER / DRAMA

Composer, Writer, Producer, Fragments (Musical)

Oversaw the production of a completely student run musical; composed 4 songs; developed script; managed 30 actors & 20 backstage volunteers.

5

(Volunteer)

COMMUNITY SERVICE

Co-founder, Share Org. (Sex Ed. Nonprofit)

Wrote, designed, printed over 200 sexual education awareness pamphlets for distribution in underprivileged areas of Northern Vietnam; ran 5 workshops.

6

(Volunteer)

COMMUNITY SERVICE

Volunteer Mentor, Camp Blast (Children's camp)

Lead children through scientific, artistic, and wilderness activities; served as photographer and shot videos for camp's promotional use.

7

JOURNALISM / PUBLICATION

Reporter & Photographer, Shades of Hanoi (Magazine)

Reported on local events and issues for magazine; oversaw visual layout including photos; wrote article on demolition of local historical bridge.

8

THEATER / DRAMA

Actress, Bring it On & All Shook Up (Musicals)

Performed as Bridget and Lorraine in annual school musicals; attended daily practices; member of set design team.

9

SOCIAL JUSTICE

Leader, Annual Student-Led Conferences

Organized workshops with team of 15 on raising awareness for disabilities (G11) and privilege (G10); moderated debates on prominent social issues.

10

MUSIC VOCAL

Soprano Vocalist, HolderNotes (A-capella)

Attend weekly practices; arrange contemporary music for a-capella performance; perform at school events.



Activities List of a successful Yale, Stanford, Columbia, Brown, UPenn, Duke, Cornell and UChicago Admit



1

INTERNSHIP *Intern, Congresswoman*

Interned in Washington DC in a team of 3; wrote 25+ letters addressing constituent concerns; attended 20+ hearings & briefings; toured constituents.

2

CAREER ORIENTED *Dir. of Outreach, The Barrio Impact (Ed.Nonprofit)*

Afterschool tutoring & guidance to Latino students; personally liaised with 100+ universities to request promotional materials; searched for scholarships.

3

ACADEMIC *Captain & President, MDCHS Quiz Bowl Team*

Recruited 15+ members; lead weekly practices; elected Captain '17; under captaincy, improved to 3rd Place Quiz Bowl Metro League '17.

4

INTERNSHIP *Intern & Office Manager, Ammar Campa-Najjar Campaign*

Managed day-to-day tasks such as training volunteers for congressional campaign; crafted promotional materials in English & Spanish; phonebanking.

5

OTHER CLUB / ACTIVITY *President & Founder, College Awareness Club*

Founded club and recruited 50+ students in regular attendance at meetings; invited prominent college alumni to speak about experiences at schools Internship.

6

INTERNSHIP *Bilateral Safety Corridor Coalition*

Spread awareness&outreach regarding human trafficking; delivered 5+ bilingual seminars at Mexican Consulate on recognizing signs of forced labor trade.

7

ATHLETICS - JV / VARSITY *Lacrosse, Defenseman, MDCHS Crusaders Varsity Lacrosse*

Attended daily practices; started in games twice a week; chosen as captain in 3 games during season.

8

DEBATE / SPEECH *Vice President, Speech & Debate Club*

Organized biweekly meetings; recruited 25+ students; debates on current affairs & religion; facilitated public speaking improvement in peers.

9

RELIGIOUS *Member, Ambassador for Christ Corps*

Represented school at various events such as Open House, Fall Festival, G8 Visitation; served as bilingual tour guide for Spanish speaking families.

10

ACADEMIC *Team B Captain, National Ocean Sciences Bowl.*

Organized biweekly practices & prepared team of 5 for competition; expanded knowledge on environmental science topics such as marine policy & geography.



Activities List of a successful Columbia Admit

1

ACADEMIC

Founder & Leader, Fun Maths Problem Solving Society

Recruited 40+; weekly problem solving sessions; devise sets from "Superbrain Collection"; invite guest speakers; share passion for maths.

2

STUDENT GOVT. / POLITICS

Y13 Vice-Captain, Dulwich College

Voted by teachers & students from shortlist of 40 candidates; manage Senior Prefect Body, Charity & Union Committees; report weekly to Headmaster.

3

(Volunteer)

COMMUNITY SERVICE

Organizer, Foundation Schools Maths Competition

Spearheaded multi-school competition involving 140+ competitors across 3 schools; raised 350 GBP for Magic Bus charity, supporting further education.

4

ACADEMIC

Member, Physics Society

Attend weekly meetings; gave presentation on 'The Cheerio Effect' and piezoelectric technology; assisted recruitment efforts by making posters.

5

CULTURAL

Founder & Co-Leader, Russian Culture Society

Recruited 60+; regular presentations on language, food, history; invited guest speakers; designed most desirable tie; organize club stall for fair.

6

ACADEMIC

Competitor, Various Maths Competitions

Qualified for British Maths Olympiad in Y12; Qualified for Intermediate Maths Olympiad in Y11; High Gold Intermediate Maths Challenge in Y11.

7

(Volunteer)

COMMUNITY SERVICE

Reading/Maths Mentor, City Heights E-ACT Academy

Volunteered during lunch period to read to students at school in disadvantaged area; tutored basic maths and helping with homework.

8

JOURNALISM / PUBLICATION

Senior Editor, DC Mathematica (Annual publication)

Reviewed 35+ submitted STEM articles; editing, proofreading, designing, publishing; wrote 2 articles; proceeds donated to Affcad UK charity.

9

OTHER CLUB / ACTIVITY

Writer, House Poetry Competition

Won 1st place in consecutive annual House Poetry Competitions in Y10 and Y11; Headmaster's award for best poem: "As I Return" sonnet in Y11.

10

RELIGIOUS

Member, Religion, Theology, Ethics Society

Presentation on 'The Issue of Homophobia in Russia'; selected to present to all Y10&11 students; attended weekly meetings; awarded society tie.



Activities List of a successful Harvard Admit

1

RESEARCH

Research on Diet and Skin Health

Co-authored a journal article and submitted to Journal of the American Academic dermatology.

2

(Volunteer)

COMMUNITY SERVICE

Volunteer, Stepping Stone Mission

Assist with preparing and distributing food at soup kitchen for the homeless; awarded President's Volunteer Service Award (silver level).

3

CULTURAL

Founder and President, Origami Club

Teach origami to 33 members to promote cultural diversity; organised origami events at Stepping Stone Soup Kitchen; fundraised \$91 for Stepping Stone.

4

STUDENT GOVT. POLITICS

President, Student Government Association

Organised first ECHS Cancer Run; restored interclub Committee; oversaw homecoming decorations and parade; represent study body at faculty meetings.

5

SCIENCE / MATH

Captain Math Team

Spearhead the Math Team in regional competitions; became the first captain to lead the team to Fayette Invitational.

6

INTERNSHIP

Intern, Newnan Dermatology Institute

Shadowed dermatology processes; assisted NPs with writing patient notes; performed non-surgical procedures — sterilized surgical tools; prepared equipment tables.

7

RELIGIOUS

Audio Technician, Worship Team

Operated a mixing board at Sunday and Friday youth services; produced and edited Worship Team's sound to contribute in servicing the youth.

8

DEBATE / SPEECH

Selected Participant, Harvard Pre-College Program

Took "Speaking with Power, Passion and Purpose"; performed a speech on four different occasions on issues such as conserving food resources.

9

(Volunteer)

COMMUNITY SERVICE

Chairman of Community Service, Key Club

Served as liaison between Key Club and local organizations — Abby's Angels (Teen Driving Safety), Soles for Cole (Awareness for Cystic Fibrosis).

10

SCIENCE / MATH

President, Mu Alpha Theta

Organized tutoring sessions and meetings; tutor students struggling in math classes to promote youth academic achievements in mathematics.



Activities List of a successful UChicago Admit

1

INTERNSHIP

Microbio Research Intern CHN Academy of Sciences

Conducted experiments on the production of plant-derived chemopreventive-precursor glucoraphanin; used gene knockout and recombination techniques.

2

OTHER CLUB / ACTIVITY

Co-founder and President, Transfer Student Club

Founded Club; mentored over 5 students in acclimatization; spearheaded creation of FAQ page, guidebook and blog for students to share stories.

3

SCIENCE / MATH

Captain, Math Team

Captained team of 15 in multiple regional contests; recruited 5 new members; developed advanced training materials; top individual scorer.

4

SCIENCE / MATH

Member, Science Olympiad Team

1st place Bedford HS Annual Women in Science Comp.; led team for monthly competitions; led experiments for optic lab event; structured study guides.

5

(Volunteer)

COMMUNITY SERVICE

Member, National Honors Society

Passed selective admission; attended regular meetings; performed 20 hrs of community service per year; organized school events such as Seminar Day.

6

SCIENCE / MATH

Student, Stanford Pre-Collegiate Summer Institutes

Top performer in Discrete Math course; excelled in college level course work in cryptography, programming, algorithms, number and graph theory.

7

MUSIC INSTRUMENTAL

Violinist

Played violin and attended weekly lessons since age 10; performed in school orchestra.

8

COMPUTER / TECHNOLOGY

Member, Robotics Team

Self-taught C language and programmed robot; constricted robot; performed tests; competed in regional Botball competition.

9

(Volunteer)

COMMUNITY SERVICE

Member, Key Club

Attended weekly meetings; performed 30 hrs of community service per year; helped events such as town musical, lunch for the homeless, and book sale.

10

(Private)

WORK

Private Chinese Tutor

Tutored 7 year old in Chinese; taught basic reading, listening, speaking and writing; derived lesson plans and homework; shared cultural activities.



Activities List of a successful Harvard Admit

1

(Volunteer)

COMMUNITY SERVICE

Founder Eduklase Online Education Info Portal

Recruited 8-ppl eboard; built & regularly updated website for the underprivileged; promoted it to gain 10k + visits in 6 months; partnered w/ local NGOs.

2

CAREER ORIENTED

VP, HK Youth Law & Current Affairs Association

Recruited and supervised eboard operations; initiated 2 day mock trial workshop for 70+ underrepresented students; invited local lawyers to lecture.

3

DEBATE / SPEECH

President, School MUN Club

Wrote global affairs reports; recruited and tutored 50+ juniors; assigned prepwork to 10 ppl; chaired 4 intra & inter schl MUNs.

4

SCIENCE / MATH

Team Leader, Dyelectricity Science Research Team

Rsrched on replacing metallic dye of dye-sensitized solar cell w/ kitchen waste; lowered cost by 45%; presented in Intl Student Science Conference.

5

DEBATE / SPEECH

Captain, School Mock Trial team

Delegated rsrch tasks amongst 5 members; prepared and delivered written and oral arguments in the High Court before full jury and judge.

6

(Volunteer)

COMMUNITY SERVICE

Vice President, Kalliope Organization Committee

Initiated schl first charity green fashion show; liaised with designers, models & performers; attracted 600+ audiences; raised 1k+ for bursary fund.

7

DEBATE / SPEECH

Speaker TEDx Youth@AISHK

Compiled stats and anecdotes of third-world volunteering; delivered speech on maximization of service impact; conducted panel discussions w/ 100 audience.

8

ACADEMIC

Participant, Stanford Summer Humanities Institute

Discussed intersectionality of racial identity w/ prof & peers; wrote final paper on evolution of transracial identity; daily creative writing.

9

ENVIRONMENTAL

Organizing Committee, HK Youth Environmental Summit

Designed promo material to attract 80+ peers; negotiated to gain food sponsorship; promoted environ awareness on campus to local and intl students.

10

DEBATE / SPEECH

Volunteer, Crossroads Foundation

Sorted, tested and repaired donated electronic appliances; arranged, packed and loaded goods for shipping; assisted poverty simulations for the public.



Activities List of a successful Stanford, UPenn and Johns Hopkins Admit



1

(Volunteer)

COMMUNITY SERVICE

YOW Charity Converts Founder and Director

Leader of 90 students; raised \$4121 over two years for the Aboriginal Literacy Foundation; plan/organise rehearsals, technicians, venues, equipment.

2

DEBATE / SPEECH

Member of the Victorian State Squad for Debating

Victorian State Squad member (Top 13 in state); Victorian British Parliamentary grand finalist (Top 4 in state); Australian interschool participant.

3

DEBATE / SPEECH

Middle School and Senior School Debating Captain

Run trainings; volunteered as House Debating adjudicator; debating coach for school teams; multiple best speaker awards; regional finalists Year 11.

4

JOURNALISM / PUBLICATION

Writer and Editor for various publications

Text editor and writer for school newspaper; writer for The Signal Express and BQ Australia Chinese Weekly (China Southern Airlines inflight paper).

5

ART

Visual Arts

Self-directed projects; weekly art classes; five artworks shortlisted for IB Top Arts exhibition (Top 20 IB artists in state).

6

MUSIC INSTRUMENTAL

Piano and Viola

Viola AMEB 8th Grade; piano AMEB 7th Grade; chamber music trio member, charity concert musician.

7

(Volunteer)

COMMUNITY SERVICE

Local Community Service

St Catherine's Aged Care weekly with severely disabled; Lentil As Anything non-profit charity restaurant; Junior School Writer's Club mentoring.

8

THEATRE / DRAMA

House Drama Captain, Playwright and Publicist

School Performing Arts Festival; Proficiency and Publicity award; cast. Wrote, directed organised rehearsals, lighting/sound for school play.

9

ATHLETICS CLUB

Badminton

Badminton for leisure and fitness; weekly classes; competed in Girls Sports Victoria; played interschool competitions.

10

(Volunteer)

COMMUNITY SERVICE

Volunteering with Hand Up Australia Udaipur

Building school in rural India; interacted and taught local children; initiated planning, team building, fundraising.



Activities List of a successful UPenn and UPenn Huntsman Program Admit



1

OTHER / CLUB ACTIVITY

AFI International Youth Ambassador (UN and EP)

Chair the 35th Youth Human Rights Summit in the United Nations, representing young people's voices at the forefront of international discussions.

2

(Volunteer)

COMMUNITY SERVICE

President and Founder

Founded a youth-run charity that provides literature opportunities to rural, migrant areas and developing countries that cannot afford English texts.

3

INTERNSHIP

MEP EP Internship (One Belt One Road Initiative)

Interned at the European Parliament, presented the reports of Guangdong for the One Belt One Road Initiative and attended Programmes independently.

4

STUDENTS GOVT. / POLITICS

SRC Prefect - Students Representative Council

Represent the student voice by organising initiatives (school charity), fundraising events (color run) and fundraising for the Smith's Family.

5

ACADEMICS

Published Fictocritical Thesis

Produced a published major work that challenged dominant constructions of Chinese diasporic identity in Australia.

6

DEBATE / SPEECH

Debating Competitions and Trinity College Diploma

Through competing in Rostrum Public Speaking, Mock trial, Voice of Youth and Speech and Drama, I have practiced for and completed my ATCL diploma.

7

OTHER / CLUB ACTIVITY

International Courses, Programmes and Leadership

Stanford summer course, Oxford Law summer course, Dale Carnegie Leadership course, President of Harvard Model United Nations (honourable mention).

8

MUSIC - INSTRUMENTAL

Lead Cellist, Organ, Piano, Flute, Harpsichord

Played on the organ weekly for chapel services, in orchestra for Cello and Flute and volunteer at North Haven Nursing Home by playing piano.

9

CAREER ORIENTED

Youth Parliament (Minister for Women's Affairs)

Led the unanimous passing of a resolution in the Senate after creating a report into the underrepresentation of Women in STEM fields.

10

ATHLETICS - JV / VARSITY

Fencing, Sports and Activities

Trained and competed in Fencing (National), Badminton (Firsts), Volleyball (Firsts), Chess (Founder), Swimming (Squad team), Netball (Seconds).



Activities List of a successful Harvard Admit

1

STUDENT GOVT. / POLITICS

Senior Prefect (School Captain)

Whole school responsibilities, Managing Prefect Group (23 boys) / Running major whole-school events / Public Speaking / Directing charity activities.

2

MUSIC INSTRUMENTAL

Music Captain

Helping run concerts / Liaising with music department staff / Organising a charity concert / Running music committee (8 boys).

3

MUSIC INSTRUMENTAL

Assistant Concertmaster (School Orchestra)

Helping lead the First Violins or School Orchestra and Senior String Orchestra

4

MUSIC VOCAL

Tenor in 'Grammarphones' (Senior A Cappella Group)

Singing and rehearsing as a tenor in the most selective vocal group within the school.

5

ATHLETICS - JV / VARSITY

Cross Country, Cross Country Captain

Leading the Cross Country squad / Finishing second in the competition / Qualifying for the Independent Schools Representative Team.

6

ATHLETICS - JV / VARSITY

Basketball, Power Forward in First/Second Squad

Playing in the Firsts and seconds throughout the basketball season in the highly competitive GPS/CAS competition.

7

ATHLETICS - JV / VARSITY

Track and field / Sprints /Middle Distance

State 800m bronze / Regional 800m silver / Kenny Cup for Best All-round Senior Sportsman / Open 100/200 Championship School Representative.

8

FOREIGN EXCHANGE

Participant

Living / Going to school in Paris for 3 months / Hosting French exchange students for 3 months in Sydney.

9

DEBATE / SPEECH

Debating A Team / Mooting Team

Debating as a member of the As / Runners-up in the Independent Schools Debating Association / Participating in Regional Mooting.

10

(Volunteer)

COMMUNITY SERVICE

Violinist

Violinist in a string trio to raise money for NSW Kids in Need and Australian Chamber Orchestra Music Education Program for Disadvantaged Kids.



Activities List of a successful Art/Theatre/Music applicant who gained admission to Top Liberal Arts colleges Oberlin College, Grinnell College and Kenyon College



1

THEATRE / DRAMA

***Benvinda Drama Group,
Member***

Group dynamics, improv/voice/body training. Studied makeup, hair, script writing, and performance techniques (e.g. viewpoints, masks, storytelling).

2

THEATRE / DRAMA

***Connections, Royal National
Theatre of London***

Selected to intl. network of dramatists and actors; attended workshops; performed in theater festivals (including Brazil Connections Festival '18).

3

THEATRE / DRAMA

***Musical Theater Group,
Member***

Vocal coaching, backstage, jazz/tap/contemporary dance training, and acting w/ former Broadway actors. Restaged musicals in Off-Broadway theaters.

4

SOCIAL JUSTICE

***Coletivo Maria Quitéria,
President and Co-founder***

1st Feminist Collective of 150-yr Catholic school; started with student debates to 10 girls; did lectures to 200+ people, video with over 17k views.

5

CULTURAL

***Brazilian Leadership Bootcamp,
Participant***

Selected among 150+ applicants to participate in immersive leadership and social innovation development program; co-founded the non-profit Pont.E.

6

DEBATE / SPEECH:

***Model UN Delegate,
Secretary, and Chair***

City, State, National conferences. Became the School's MUN Security Council Director and Secretary-General: organized conference for 235 participants.

7

STUDENT GOVT. / POLITICS

***Student Council, Senior Year
Representative***

Had weekly meetings with the School Board; defended projects at Assembly of Representatives from all grades, then presented to school admin.

8

STUDENT GOVT. / POLITICS

***Political Commission,
Founder and Spokeswoman***

Organized presidential debate simulations, moderated controversial topics and workshops to 100+ students (jrs/srs), hosted university professors..

9

(Volunteer)

COMMUNITY SERVICE

***Fraternity Experience Program,
Charity Outreach***

Worked at daycares, asylums, refugee centers. Planned weekly activities for 20+ volunteers; fundraised; organized child protection projects.

10

(Volunteer)

COMMUNITY SERVICE

***Volunteers' Association of Hospital
das Clínicas***

Responsible for weekly interventions at the pediatric ward, ICU, and CCU. Organized games/exercises that were carried out by 20+ other volunteers.



Ready to get started?

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