

## Action Set 4

This set will assist you in applying what you learned from “Extracurricular Activities”. Students frequently overlook how great proper planning for these can be, especially as a freshmen or sophomore because it gives you lots of focus. Remember depth is typically more useful than breadth, so look for developing extremely meaningful activities. However, there’s no use if you can’t explain WHY they are meaningful, so get writing about them!

- ☐ Type up your “Extracurricular Chart”, which includes the grades and expected timeframe, why you enjoy them, and a 1 sentence and 3 sentence description like so. (Make large on separate document)
  - The more detail you give to this now, the better. Plan on updating this **REGULARLY** as you progress through high school. It will save you tons of time with apps as well as help you evaluate where you are in your activities progress and if they are of any good value in comparison with what you have, or lack thereof.

	Grade	Hours/Week	1 Sentence	3 Sentence
<b>Activity 1</b>	9,10,11	2	Explain your role!....	
<b>Activity 2</b>	10			
<b>Activity 3</b>	9,10,11			
<b>Activity 4</b>	10,11			

- ☐ Write about one extracurricular activity you aren't doing now that you plan on doing including a timeframe for achieving a substantial accomplishment with the activity.

- Activity: \_\_\_\_\_
  - Explanation: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

- ☐ Write about one extracurricular activity where you have or plan to demonstrate exceptional leadership (different from the above activity). Include a timeframe for achieving a substantial role with the activity. Discuss why this role has been particularly important to you and what you have learned about leadership.

- Activity: \_\_\_\_\_
  - Explanation: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
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 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

- Fill this “Breadth Checklist”, which helps you see if you’re firing on all cylinders.
  - You should have something to speak of in all of these categories and it’s not just because colleges/interviewers may ask about this. It’s because these really do contribute to developing a well-balanced individual. If you can’t do everything here then you should be extra spectacular in one area as an offset. (Note: some of these are not activity types, but more of skills and so some activities can contribute well to multiple categories – in fact, those are awesome activities to have)
    - Writing: \_\_\_\_\_
    - Public speaking: \_\_\_\_\_
    - Major leader: \_\_\_\_\_
    - Sport: \_\_\_\_\_
    - Academic Competition: \_\_\_\_\_
    - Cultural/Religious Group: \_\_\_\_\_
    - Community Service: \_\_\_\_\_
    - Music, Art, & Design: \_\_\_\_\_
    - Enrichment Program in your field of interest: \_\_\_\_\_

### SAT Homework

- Complete Practice Test #3. This should take no more than 4.5 hours and aim for one sitting if you can.
  - Remember: you must complete all sections under the allotted time, **check your answers via the back of the book, and grade your SAT** (explained in the front).