1. **List any 5 Award, Distinction that you have earned since high school graduation. Please indicate if each is a University (U), Community (C) or Other (O) Award/Distinction and briefly explain the criteria for the award in the space provided (maximum 90 characters with spaces). Please also include the year the Award/Distinction was received.**

|  |  |  |
| --- | --- | --- |
| **Award/Distinction** | **Description/Criterion of Award** | **Year Received** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

1. **Identify up to 6 extracurricular activities, which have had particular meaning to you since high school graduation. Please approximate the total number of hours you devoted to each. Please include the positions held and whether each is a University/College (U), Community (C) or Other (O) activity (maximum 90 characters with spaces).**

**Please note that activities are valued equally and may include but are not limited to the arts, athletics, hobbies, volunteerism, and religious, social, farm, and/or household responsibilities.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity & Detail** | **From (mm-yy)** | **To (mm-yy)** | **Total Hours to Date** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

1. **List any full or part-time paid or unpaid employment you have had since high school. Please approximate the total number of hours you devoted to each.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Details of Job** | **From (mm-yy)** | **To (mm-yy)** | **Total Hours to Date** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

1. **List any research experience or training.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Detail of Experience/Training** | **From (mm-yy)** | **To (mm-yy)** | **Degree Award (Y/N)**  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

1. **Choose one extracurricular activity or one employment opportunity you listed above. In 300 words, or fewer, please describe what you learned from this experience.**