

## **SAMPLE PAGE: University of California application “ACTIVITIES and AWARDS”.**

**Please use your brag sheet and VHS staff help to complete this portion of application!!!!**

### **Coursework other than A-G (5 places/categories)**

Nothing listed is OK – these should be actual classes that are not listed as A-G on your transcript (no “p”)

SAMPLES

Marching Band	I was in the VHS Tiger Regiment all four years. Parades, field shows, and other musical competitions.
VHS Colorguard	Four year member of VHS Colorguard and Winterguard drill and flag team
Varsity Soccer	Three year member of VHS Soccer program. Two varsity letters – current team captain.
ASB Student Govt	Two years VHS ASB leadership program. Junior Class president, Senior Leadership Commissioner.
Academic Decathlon	Two year member of VHS OCAD team. Competed in both 2015,2016 regional events. Five medals.
Cyber Patriot Team	Member of the VHS Cyber Patriot team that earned OC Champion in 2016 competition.

### **Educational Prep – most students don’t have ed prep experiences –see drop down list in application**

Nothing listed is OK

COSMOS	Summer COSMOS program in mechanical engineering at UC Irvine (2015)
Eleete SAT Prep	Summer SAT prep camp. Boot camp intensive.

### **Volunteer/ Community Service (5 places/categories) !!! Very Important – should fill all five spots.**

SAMPLES

IB CAS Hours	IB Creativity, Action, and Service: VHS Tiger Pride days, YL Library, Placentia Heritage Parade
Church/Temple service	Sunday school, VBS teacher, youth worship team, missions trips, youth leader –camps/retreats
Boy Scouts Eagle	BSA Eagle Project. Built outdoor classroom at Valencia science oak grove. 120 hours.
VHS Marching Band	Hosting band pageants – running concessions – parking lot – stadium clean up.
VHS Link Crew	VHS Service team – helping new student to feel at home on campus. Hosting tours and guests.
Boys and Girls Clubs	Summer STEMpowerment program. Children’s activity program science, technology and math.
ASB Student Leadership	Dances, homecoming, pep rallies, blood drives, food drives and other service activities.
Placentia Library	Volunteered summer literacy program. Did arts and crafts – puppet show – readings for children.
Girl Scouts of America	GSA Silver Award – scout trips, cookie sales, crafting fairs, fund raising. Brownie troop leader

### **Work – most students do not have paid work experiences.**

Nothing listed is OK

FiveBuck Coffee barrister	Shift manager at FiveBucks – have to work to save for college tuition.
BSA Camp Counselor	Summer camp counselor at Emerald Bay Boy Scout Camp
City of Placentia	Life guard and swimming instructor for City of Placentia pool.

### **Honors and Awards**

**Very Important - 5 places/categories – LEADERSHIP is an honor!!!**

SAMPLES

IB Diploma	June 2017 Full International Baccalaureate Diploma Candidate.
President VHS RACE club	Founder and current president of VHS Race Against Cancer Eternally club. 50+ members
Varsity Aquatics	Varsity WP and Swim – Scholar Athlete – CIF Champion 50 Freestyle. Varsity Captain. 2015-16
BSA Eagle Scout	Eagle Scout is the top award given by the Boy Scouts of America
Academic Awards	AP Scholar w/Distinction, CSF life, NHS, VHS Four Year Perfect Attendance Award
CM Level 10 Piano	California Music Teachers Association Level 10 Certificate of Merit – Piano Guild Award
Black Belt Tae Kwon Do	Trained for 10 years. Fifth Level Black Belt Korean Tae Kwon Do. LotsaMojodojo in Anaheim
California Boys State	Selected by Placentia Amer Legion to represent Valencia at Calif. Boys State Conf. Sacramento
ASB President	Four years in Valencia ASB student leadership program – Current Senior Class President.
VHS Chemistry Olympiad	Selected by VHS facility for elite Chemistry Olympiad team. 5 medals in two years competition.

### **Extra-Curricular Activities Most time involved at top of list 5 places/categories – fill all five spots!!**

SAMPLES

Varsity Athletics	I have swam competitively since age 10. Compete with school and Swim Team of Placentia Club
Mock Trial	Valencia Mock Trial team for three years – Currently team captain and Lead Prosecution Attorney
Church Leadership	Member of Youth Group Leadership Team – Worship and Praise Band – Church outreach and service
Medical Internship	Worked in dental office for three successive summers. Dr. Fuller of Placentia. Clerical and patient work
Boy Scouts EAGLE	Current Troop Leader #98, Lead weekly meetings, weekend activities/hikes/work projects. BSA Council
Tae Kwon Do	Train at Placentia Dojo. Compete in regional events. Assistant instructor for Pink and Brown belt class.
Science Olympiad	Three year member VHS Science Olympiad team/ Physics and engineering events. Coach KMS team
ASB Leadership	4-year membership in VHS ASP leadership class. Current Spirit Commissioner. Business grades 10-11
Music lesson/Competition	Ten years of piano lessons with Suzuki – recitals and regional competitions – accompanist at church
Ice Skating/Hockey	Skated at YL Ice for ten years. Classical figure skating in the fall, Team Ice Hockey (YL Grunts) sprint.
Club Leadership	Founder and President for Valencia KEY Club. School service club sponsored by Placentia Kiwanis.
PTSA student rep.	Student board member and representative on the VHS Parent Teacher Student Association.