**Examples**

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| **Activity 1** | Other Club/Activity: Yosemite Backpacking Excursion |
| Short Description (Max characters: 150) | Learn survival skills; Participate in leadership training; Coordinate hiking routes; Organize base camp cooking, sleeping, & traveling supplies. |
| Long Description (Max characters: 350) | Learned survival skills; Participated in leadership training; Rationed food for a 10-day backpacking trip from Half Dome to Glacier Point; Explored ecology of Sierra Nevada Bighorn Sheep; Coordinated hiking routes; Organized base camp cooking, sleeping, & traveling supplies; Rappelled down the Sunnyside Bench Route.  |

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| **Activity 2** | Music (Instrumental): Cellist in HS Orchestra  |
| Short Description (Max characters: 150) | Cellist - Showcased in various evening concerts & performances; Mentored younger students interested in the music program. |
| Long Description (Max characters: 350) | Cellist in the school orchestra; Showcased in various evening concerts & performances; Mentored younger students interested in the music program; 1 of 4 selected by orchestra director to perform with Duke University String Ensemble in their annual fundraiser; Invited to guest perform with the local jazz quartet during summer before my senior year.  |

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| **Activity 3** | Work (Paid): Childcare/Babysitter |
| Short Description (Max characters: 150) | Independent babysitting service; Hired by local parents, teachers, or family; Regular babysitting jobs at 14 separate households in the Bay Area.  |
| Long Description (Max characters: 350) | 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 the value of patience, self-reliance, and time management; Provided authority, structure, and stability for toddlers; Gave parents time to relax and focus on work. |

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| **Activity 4** | Community Service (Volunteer): Member of Civics Committee  |
| Short Description (Max characters: 150) | Mentor 9th graders about exercising responsible citizenship; Assign tutors; Coordinate social events; Send out weekly updates to committee advisors.  |
| Long Description (Max characters: 350) | Provide mentorship to 9th graders at high school; Lead discussions about exercising responsible citizenship; Assign tutors, coordinate social events, & send out weekly updates to committee advisors. Organized group event to promote social, ethical, and political literacy for 300+ middle school students in the Bay Area. |

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| **Activity 5** | Research: Research Assistant at the UCLA Psychology Department |
| Short Description (Max characters: 150) | Assisted with study on the relationship between gender, age, & sexual identity; Published study in the Undergraduate Research Journal of Psychology. |
| Long Description (Max characters: 350) | Assisted (professor’s name) with a study exploring the relationship between gender, age, and sexual identity; Studied LGBTQ+ inclusion in local schools, looking particularly at the incorporation of non-heteronormative experiences in Southern sex education syllubi; Published findings in the Undergraduate Research Journal of Psychology. |

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| **Activity 6** | Athletics (jv/varsity): Swim Team - Captain  |
| Short Description (Max characters: 150) | Elected by 50 teammates as Captain in junior & senior year; Competed in all strokes & types of events; Founded new peer-to-peer mentoring program. |
| Long Description (Max characters: 350) | Participated freshman - senior year on school swim team, avg; 8 hours/week practice year-round; Elected by 50 teammates as Captain in junior & senior year; Competed in all strokes and types of events, but eventually specialized in sprints and sprint relays; Founded new peer-to-peer mentoring program, pairing up freshman swimmers with junior and senior mentors to support high school transition. |

**For Students**

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| **Activity 1** |  |
| Short Description (Max characters: 150) |  |
| Long Description (Max characters: 350) |  |

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| **Activity 2** |  |
| Short Description (Max characters: 150) |  |
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| **Activity 3** |  |
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| **Activity 4** |  |
| Short Description (Max characters: 150) |  |
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| **Activity 5** |  |
| Short Description (Max characters: 150) |  |
| Long Description (Max characters: 350) |  |

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| **Activity 6** |  |
| Short Description (Max characters: 150) |  |
| Long Description (Max characters: 350) |  |

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| **Activity 7** |  |
| Short Description (Max characters: 150) |  |
| Long Description (Max characters: 350) |  |

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| **Activity 8** |  |
| Short Description (Max characters: 150) |  |
| Long Description (Max characters: 350) |  |

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| **Activity 9** |  |
| Short Description (Max characters: 150) |  |
| Long Description (Max characters: 350) |  |

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| **Activity 10** |  |
| Short Description (Max characters: 150) |  |
| Long Description (Max characters: 350) |  |