**Note:**

* Please select one category that best describes each of your activities and experiences.
* Do not list activities/experiences in more than one category.
* The character count is limited to 300 (including spaces) for all descriptions.
* Include only activities/experiences that you have engaged in since graduating high school.
* Please refer to the Activities & Experiences Instructions for details about each category.
* There is no limit to the number of activities/experiences you may include but avoid fluff.

**Academic Recognition**

* **Award Title** – Date: [Description – 300 characters maximum]

**Non-Academic Recognition**

* **Award Title** – Date: [Description – 300 characters maximum]

**Leadership**

* **Role/Title** – Organization – Date: [Description – 300 characters maximum]

**Employment**

* **Title** – Employer – Date: [Description – 300 characters maximum]

**Research Activities**

* **Role/Title** – Organization – Date: [Description – 300 characters maximum]

**Healthcare Activities**

* **Role/Title** – Organization – Date: [Description – 300 characters maximum]

**Community Service**

* **Role/Title** – Organization – Date: [Description – 300 characters maximum]

**Extracurricular and Leisure Activities**

* **Activity** – Date: [Description – 300 characters maximum]