* Categorize any activities and experiences you have engaged in since graduating high school below.
* Do not list an activity/experience in more than one category. It is not required that you use all categories.
* Ensure to stay within the maximum character count (including spaces) indicated for activity descriptions.
* Do not include activities/experiences that you have not yet started.
* 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 – 500 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]