* 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. *EXCEPTIONS*:
  + An activity/experience may be listed in both Healthcare Activities and Employment if it was a paid position and fits under BOTH Healthcare Activities and Employment.
  + Any activity that results in a leadership role may be entered in both categories.
  + If you have activities in more than one section, the descriptions should highlight the aspects of the experience, and not be identical. Example from TMDSAS: “As a scribe, discuss the employment aspect of that activity in the corresponding section, while the Healthcare section may see more information about the experiences and doctors you may have worked it.”
* It is not required that you use all categories.
* Ensure to stay within the maximum character count (including spaces) indicated for activity descriptions.
* 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: – Hours per week: [Description – 300 characters maximum]

**Research Activities**

* **Role/Title** – Organization – Date: – Hours per week: – Cumulative Hours: [Description – 500 characters maximum]

**Healthcare Activities**

* **Role/Title** – Organization – Date: – Hours per week: – Cumulative Hours: [Description – 300 characters maximum]

**Community Service**

* **Role/Title** – Organization – Date: – Hours per week: – Cumulative Hours: [Description – 300 characters maximum]

**Extracurricular and Leisure Activities**

* **Activity** – Date: – Hours per month– Cumulative Hours: [Description – 300 characters maximum]

**Top Meaningful Activities**

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

**Planned Activities (future activities between February 2023 and August 2024)**

* **Activity Type** – Date: – Projected Cumulative Hours: [Description – 300 characters maximum]