

High School Activities & Awards Resume

What is it?

Your Activities, Interests and Honors Record is an inventory of what you have accomplished in and outside of school throughout your high school years. The information is often used for College and Scholarship Applications. Your teachers will typically request a copy of your *Activities, Interests and Honors Record* to assist in writing a Letter of Recommendation.

What should I include? How do I get started?

Start a draft your FRESHMAN year of high school and update regularly.

- Brainstorm with family and friends. Write down all the activities (sports, clubs, volunteerism, awards) you have participated in and the awards you have won both in school and in the community.
- Organize your information into categories:
 - Academic Honors
 - Positions of Leadership
 - School Activities
 - Athletics
 - Community Activities
 - Work Experience
 - Other (*Consider the following*):
 - IB/AP/SAT/ACT test scores
 - Foreign Exchange student experiences
 - Private music lessons/performances
 - International travel
 - Summer Programs
- Include your **Grade Level** and the **Number of hours/days** spent. Colleges and Scholarship Donors are interested in a concentration of time and effort in several areas versus a long list of activities that may not indicate your true interest.
- Keep your Record up to date and save it either on your home computer or to your SHS eAccess account.



A Sample *Activities, Interests and Awards Record* is provided on the back of this information sheet. Please note that the Sample provides entries under each category. This is NOT typical for most high school students!