



UC SANTA BARBARA
Office of Admissions

ACTIVITIES & AWARDS RESOURCE SHEET

The Activities & Awards section of the UC application is where you will list and describe your extracurricular activities and achievements. You can list up to 20 activities that demonstrate commitment, responsibility, leadership, and genuine interest. Use this worksheet to track your most significant high school activities and awards.

CATEGORIZING YOUR ACTIVITIES & AWARDS

The UC application offers six different categories for you to best describe your extracurricular activities. Place your activities and/or accomplishments in the category that you feel best suits your shared experience. There is no ranking order, nor is there an order of importance taken into consideration for review.

Category Definition		
Awards / Honors	We want to know about the awards and honors you've received that mean the most to you.	E.g., academic, sports, church, local community, state or national rankings, etc.
Educational Prep Program	Any programs or activities that have enriched your academic experiences or helped you prepare for college.	E.g., EAOP, Talent Search, TRIO, AVID, STARS, COSMOS, Upward Bound, MESA, AP Readiness, etc.
Extracurricular Activities	These could include hobbies, clubs, sports, or anything else you feel that application should include.	E.g., sports clubs, decathlon, Science Olympiad, music lessons, church youth group, etc.
Volunteering / Community Service	These are activities you've donated time and effort to without getting paid.	E.g., volunteer clubs, church food drives, family responsibilities (translating, caretaking, tutoring siblings, hospital volunteering, etc.
Work Experience	Tell us about any paid jobs, paid experiences, or paid internships you've had.	E.g., sales associate, cashier, paid intern, paid tutor, etc.
Other Coursework	Share with us any courses you've taken, other than those required for UC admission (courses that do not fit in UC's A-G subject areas).	E.g., leadership, ROP courses, technical trainings, First Response training, etc.

USING DYNAMIC LANGUAGE

To effectively describe your activities and awards in the UC application, use dynamic language. By sharing strong action verbs, and providing specific and relevant details, you showcase your accomplishments inside and outside of the classroom.

Leadership Word Bank				
organized	created	founded	oversaw	designed
directed	produced	in charge of	established	coordinated
developed	contributed	planned	worked on	prepared

Learning / Educational / Internship Word Bank				
attended a workshop in	received training in	was mentored	selected among # of students	gained understanding in
developed	learned	participated in	motivated	involved
took part in	discussed	encouraged	acquired skills in	promoted

Volunteering or Community Service Word Bank				
tutored	provided	served	organized	cooked
fed	collaborated with	planned	staffed	oversaw
participated in	joined	established	served over # of people	assisted

Work or Paid Experience Word Bank				
was responsible for	received training in	gained experience in	worked with # of staff	trained others to
supervised	managed	promoted to	in charge of	oversaw
directed	organized	coordinated	was mentored	assisted with

EXAMPLE

Category	Activity/ Award	Description (350 characters)	Years Involved	Hours/ Week	Weeks/ Year
Extracurricular Activities	Committee Chair, National Honor Society	Led school assemblies, peer tutoring, and coordinated food drives. Organized community events that mobilized students for volunteer work and encouraged leadership. Strengthened school-wide service initiatives - park cleanups, clothing drives, wellness fairs - by connecting students with local organizations. (308 characters)	10th-12th	2	36
Award or Honor	Globally Ranked 73rd in Physics Bowl Contest Division 2	Scored 34/40, ranked 73rd out of 4,000+ globally in Division II, contributing to our school's 5th place finish. Dedicated over 10 hours weekly to preparation. Studied advanced physics concepts beyond textbook, solved past contest papers, and participated in study groups with teammates for 5 months. (299 characters)	11th		
Work Experience	Courtesy Clerk at Raley's	My responsibilities included greeting customers, assisting customers with bagging their groceries, looking for requested items, reshelving items, cleaning spills and restrooms, and pushing carts. I maintained a positive attitude and worked alongside my coworkers to bring customers a nice experience. (300 characters)	11th	20	
Educational Preparation Program	College is Real (CIR)	Provides academic advising, tutoring, mentors, college trips, scholarships, and college readiness workshops. The resources and guidance they provided me with have enabled me to prepare myself for college. As a junior, I got to visit UC Davis and Sacramento State and learn firsthand what those colleges offer from attending students. (333 characters)	11th-12th	4	52
Volunteering/ Community Service	Family Responsibil- ities	Take care of 2 younger siblings (ages 5 and 7) after school every day while my mom works. Pick up from school, help with homework, and cook dinner each night. On weekends I do chores and grocery shop for the family. (215 characters)	9th-12th	25	52
Other Coursework	Renewable Energy Enrichment Program	A summer course given by Mawhiba taught at King Saud University on the basics of renewable energy as an introduction for high school students. Learned about type/advantages/disadvantages of renewable energy and also got insights on nuclear energy from university professors. We worked on group projects and experiments such as building a solar car. (348 characters)	10th	25	3

UC Application: Activities & Awards

Category	Activity/Award	Description (350 characters)	Years Involved		Hours/Week	Weeks/Year
			9th 10th	11th 12th		
			9th 10th	11th 12th		
			9th 10th	11th 12th		
			9th 10th	11th 12th		
			9th 10th	11th 12th		
			9th 10th	11th 12th		
			9th 10th	11th 12th		
			9th 10th	11th 12th		
			9th 10th	11th 12th		