

Activity/Work Experience Explained

To provide your recommender information about you, you can create an Activity/Work Experience Explained. To do this, you will first choose 2-4 activities you participate in that you have enjoyed dedicating your time to and have provided you growth (clubs, sports, playing an instrument, internship, job, volunteering, etc.). Using the questions below, type up in-depth descriptions for each activity. Talk about the good, the bad, and the learning you gained as a result.

Length should be a minimum of 1 paragraph (3-5 sentences), but the more you give, the better your recommendation can be. This document is most useful for letters of recommendation from your counselor, but teachers can request it as well.

Please use the following questions to help guide your writing:

- ✓ Why did you choose this activity and what role(s) have you played? (i.e., leader, participant).
- ✓ What have you done in this activity? What you are planning to do with the rest of your time?
- ✓ What have you learned and what skills have you gained? (Provide examples)
- ✓ Did this activity influence your career, college, or life goals?

Examples

STAMP – Student Taught Academic Mentoring Program

For the past two years, I have served as a STAMP mentor, guiding a younger group of students and teaching them lessons on life and how to manage their school work, especially in an environment like ICS. Participating in STAMP was initially very difficult for me because I am naturally very introverted, so trying to interact with the younger students and get to know them better pushed me out of my comfort zone. In addition, managing the dynamic of the groups proved to be a challenge; the first year, my small group was very quiet, and the second year, they were very rowdy and talkative and often got off task. Figuring out a way to accomplish our goal each STAMP homeroom was a huge learning experience for me. However, seeing their growth as students and them taking my advice was worthwhile, and it felt good knowing I helped contribute to the close-knit atmosphere that ICS is all about. I am now serving as part of the executive team as the Communications Coordinator so I can continue to contribute to the program and use my experience in other clubs, such as ASB, to create memorable experiences for all middle schoolers.

Starbucks

My job here, which I got over the summer and am still continuing, was a nosedive out of the relative safety of school and into the world of work—something that I might not have seen until my later college years. Working as a barista has been something I've always wanted to do and it's, surprisingly, as fulfilling as I had hoped. I've learned to multitask and to prioritize and do it all with politeness and a smile, stretching the limits of my capabilities and my self-control both. It's been one of the biggest commitments in my life that make me learn about myself and what I value, some of which have turned out to be adaptability and competence. By learning my standards, I've applied them to myself as well. The most valuable experience that working a retail job teaches me to have is a strong sense of patience, but also of how much I am able to tolerate. The overall job satisfaction and my workplace environment are extremely rewarding all on their own, and it continues to be my best way to grow into an adult.

National Art Honors Society - NAHS

I have participated in this club for what will be a total of three years. During my junior year, I was able to contribute to the progress of the club as vice president and am very excited to continue to influence NAHS this year as President. In NAHS, we give back to the school and community through art-centered activities like painting murals for the local park or making blankets for the Seattle Children's Hospital. Being a participant in NAHS has taught me so much about myself as an artist and a person and has shaped my character holistically. The club is hands-on and focuses solely on bettering the community. At first, the jump to a leadership position scared me, but my passion for art and the missing of NAHS drove me to put myself out of my comfort zone, knowing I would grow from it. As a leader, gaining experiences from managing the club helped me to communicate better, stay more organized, and learn what it takes to manage a group of people. I feel that these strengths will benefit me in my future endeavors.