

4

SESSION 4: GOING TO COLLEGE STARTS NOW: EXTRACURRICULAR INTERESTS AND ACTIVITIES

ACTIVITY # 2: BUILDING YOUR RÉSUMÉ AND GETTING INVOLVED

Opening Discussion:

A résumé is a list of your experience, skills and educational background, and is an important piece of the college application. It allows colleges to learn more about you outside of your classroom work and academic performance. Your résumé should be a “living document” that you add to throughout high school until it’s time to apply to colleges in your senior year.

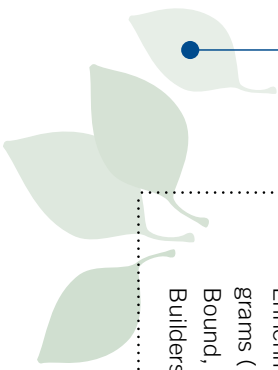
Activity/Handout:

Activities Résumé

Resources List (optional)—the facilitator may want to create a list of extracurricular activities and volunteer opportunities in the school and community, as well as a list of local scholarship opportunities and resources, to share with the students.

Instructions:

1. Ask students to fill out the “Activities Résumé.”
2. They may add to the list the activities add as they go through high school.
3. The students should be encouraged to keep a copy of the résumé in a safe place since it can be used not only for completing applications, but also as an informative piece to share with their school counselor and teachers who may write recommendations for them.
4. In addition to their “Activities Résumé,” the facilitator should remind students to keep a record of awards or honors (and the dates received) in a file folder or electronic portfolio.



ACTIVITIES RÉSUMÉ

	Dates From/To	Time Spent		Responsibility / Accomplishments
		Hours per week/month	Total Hours	
A. School and Athletic Activities				
B. Volunteer Service/ Community or Family Activities				
C. Paid Work (after school or summer job)				
D. Summer/ Enrichment Pro- grams (Upward Bound, Bridge Builders, etc.)				