

# CLW 2018:

## LEVEL UP

EXTRACURRICULAR WORKSHOP

ANDREA DOAN & THUC TRUONG

RICE UNIVERSITY VIETNAMESE STUDENT ASSOCIATION'S  
16TH ANNUAL COLLEGE LEADERSHIP WORKSHOP  
OCTOBER 20TH, 2018

# HI THERE!

## ANDREA DOAN

Freshman, Biochemistry

### High School Extracurriculars

- Orchestra
- Interact
- Hospital volunteer

### College Extracurriculars

- Campanile Orchestra
- Music MDs
- Rice Humane Society
- Powderpuff

## THUC TRUONG

Senior, Kinesiology

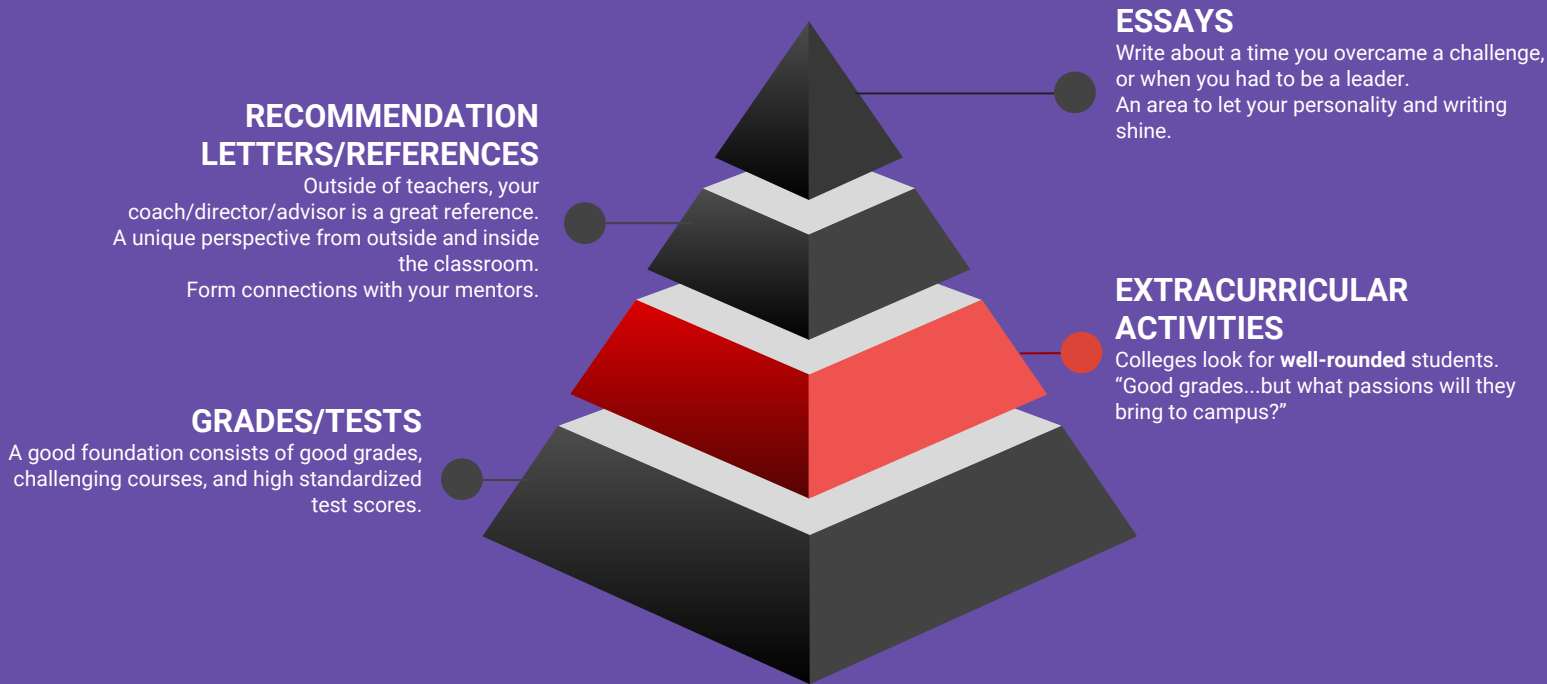
### High School Extracurriculars

- Mu Alpha Theta
- Lion Dancing
- Ultimate Frisbee

### College Extracurriculars

- Powerlifting
- O-Week Advisor/ O-Week Coordinator
- **VSA**
- College Wide Event Planner

# WHAT MAKES A COLLEGE APPLICATION STAND OUT?



# WHY ARE EC'S SO IMPORTANT?

## **ACTION**

- Varied student population
- Actively participate in school & community
- Take advantage of resources

## **SKILL**

- How do you interact/lead a group of people or team?
- Communication, organizational, & leadership skills

## **PASSION**

- A chance to explore and pursue your interests
- Show you are not doing the EC for resumes

# WHAT "COUNTS" AS AN EC?



Service



Arts



Logistic



Academic



Product



Sport

DON'T FEEL  
LIMITED!

# TIMELINE OF EXTRACURRICULARS THROUGH HIGH SCHOOL

FRESHMAN	SOPHOMORE	JUNIOR	SENIOR
<ul style="list-style-type: none"><li>● Start choosing your extracurricular activities</li><li>● Explore your interests and talents</li><li>● Start keeping a record of what you do</li><li>● Enjoy yourself!</li></ul>	<ul style="list-style-type: none"><li>● Focus on 3 or 4 activities you enjoy</li><li>● Create or go outside of school to get involved</li><li>● Keep developing and exploring</li><li>● Continue recording what you do</li></ul>	<ul style="list-style-type: none"><li>● You should be well settled in your favorite activities</li><li>● It's never too late to get involved!</li><li>● Look for ways to make a difference or be a leader</li></ul>	<ul style="list-style-type: none"><li>● Look for ways to make a difference or be a leader</li><li>● Refine your resume</li><li>● Reflect on your involvement and how you could write about it</li></ul>

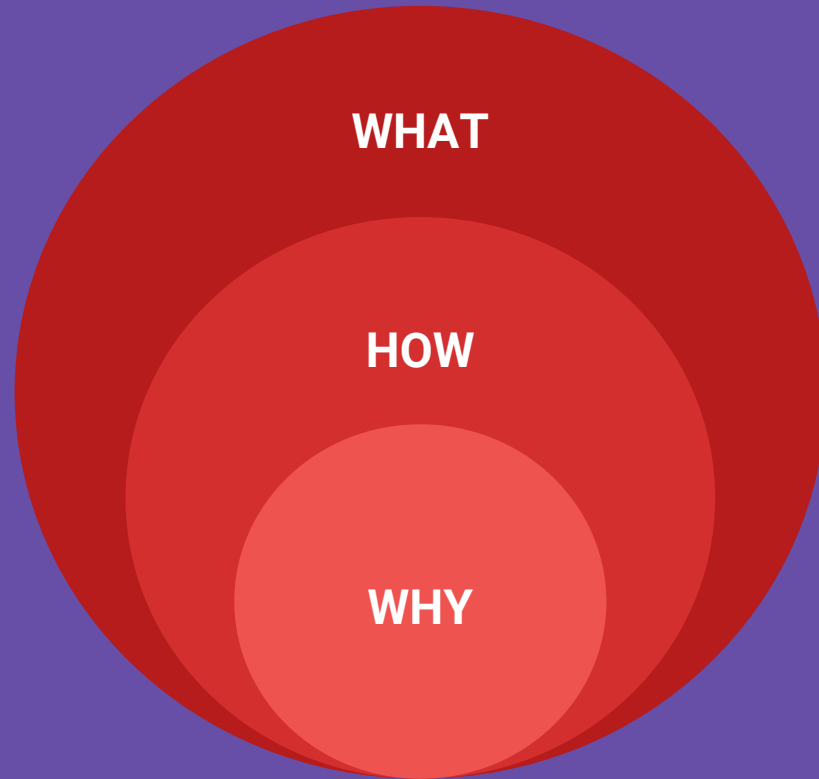
DON'T OVERCOMMIT



# HOW CAN YOU SELL YOUR EC'S?



HOW CAN YOU SELL YOUR EC'S?



# QUESTIONS?

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