

Activities Chart – Students instructed to include activities from past 5 years only				
	Extra-Curricular	Community Service	Employment	Other
Excellent (5)	Demonstrates exceptional involvement in multiple activities with focused and intentional use of time. Demonstrates increased leadership over several years.	Frequently volunteers. Demonstrates social awareness and long term and in-depth commitment to at least one service area. Demonstrates increased leadership over several years.	Full time or part time job of substantial hours (15-20hrs). Increased work responsibility at long-term employer. Demonstrates increased leadership over several years.	Exceptional obligations (such as family roles) that demonstrate commitment and responsibility but does not fit within the other stated categories.
Good (4)				
Satisfactory (3)	Demonstrates long-term commitment and involvement with a couple activities. Demonstrates limited leadership.	Actively volunteers but without discernible focus or commitment to particular “causes”. Demonstrates limited leadership.	Regular part-time employment or frequent temporary employment, may not demonstrate increased responsibilities. Demonstrates limited leadership.	Significant additional uncategorized obligations or responsibilities.
Fair (2)				
Poor (1)	Limited participation with weak demonstration of commitment and/or persistence. Very little or no leadership shown.	Limited service; one time or short-term commitment of limited hours and responsibilities. Very little or no leadership shown.	Limited temporary employment. Very little or no leadership shown.	Limited uncategorized obligations and responsibilities.
(0)	No extra-curricular activities	No volunteer history	No employment history	No additional obligations
			Note: Military service should be treated like full time employment for active duty, and part time for reservists and national guard (not deployed).	