NAME _____ _____ COUNSELOR _____ DATE _____

EXTRACURRICULAR ACTIVITES (e.g., sports, clubs, church group, organizations)

Activity	Description of Duties (note any leadership positions here)	Hours per week (Estimate)	Dates Involved From (Month/Year)	Dates Involved To (Month/Year)

WORK EXPERIENCE AND COMMUNITY SERVICE (e.g., babysitting, part-time job, family business, volunteering)

Organization	Description of Service or Work Experience	Hours per week (Estimate)	Dates Involved From (Month/Year)	Dates Involved To (Month/Year)

HONORS AND AWARDS

Honor/Award Name	Description of Award	Awarded by	Date Received

My post-high school and career plans are:

_____