

The Activities List That Shows Impact

Your activities list is a marketing document, not a resume. Admissions officers scan it quickly, so every character needs to prove leadership, initiative, and community impact.

The 4-Part Formula

1 Strong action verb	2 Specific role	3 Scope of your responsibility	4 Measurable outcome
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Quantify it: hours dedicated, funds raised, people led, or products created. For every activity, ask yourself: *what changed because I was in the room?*

Weak vs. Strong Entries

Generic (skip this)	High impact (do this)
Volunteered at a local food bank.	Coordinated weekly food distribution drives for 100 low-income families; managed a team of 15 student volunteers.
Helped organize school events.	Led campus sustainability initiative; secured \$400 in local grants to install recycling bins across 3 academic buildings.
Worked on a research project.	Co-authored peer-reviewed paper on urban heat islands; analyzed environmental sensor data using Python for regional municipal planning.

Make the Most of Your 10 Slots

- **Rank by significance.** Order by leadership level and impact, not chronology. Your strongest commitments go at the top.
- **Cut the filler.** Remove extra articles and repeated phrases. Treat each line like a headline.
- **Answer three questions:** What did you do? How did you do it? Why did it matter to your community?
- **Have more than ten?** Use the additional information section or supplemental essays for overflow, and save the main slots for your best work.

Your Activities Worksheet

Draft each activity below, then trim it to fit the application portal. List your most impactful activity first.

Fill-in formula: [Action verb] + [your role] + [scope: who, what, how many] + [result: hours, dollars, people, products]

#	Activity & Your Role	Impact Description (what, how, why it mattered)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Want expert eyes on your list?

Book a free 20-minute call with Ruchi S. Kothari or schedule a comprehensive application review with IvyBound Consulting.

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