

SECTION VII – ACTIVITIES WORKSHEET INSTRUCTIONS:

Follow instructions below:

Use the “EXTRA-CURRICULAR ACTIVITIES WORKSHEET” to list your paid employment jobs, your non-paid volunteer jobs, and your school activities. Accurate information is important. Use as many pages as needed.

Paid Employment (Junior and Senior years only)

Include summer jobs as well as jobs during the school year. Keep the summer job information separate from the school year jobs when filling in the worksheet. The summer information would be for the time between grades: your Junior summer is between 10th & 11th grades, and your Senior summer is between 11th & 12th grades.

Junior summer maximum number of weeks = 11.4; Senior summer maximum number of weeks = 10.6.

Junior school year maximum number of weeks = 41.2; Senior school year maximum number of weeks = 10.6.

Volunteering (Junior and Senior years only)

Volunteer positions are jobs where you are ***not paid*** for the time spent doing the specified work. **This volunteer work is not related to a school activity**, but rather a situation where you are working within the tri-communities (Buena Park, Cypress, La Palma – there can be exceptions to the list of cities) performing work for a city (i.e., park & rec., police dept., etc.), library, hospital, other healthcare organization, animal shelter, or other non-profit organization (this is not a total list of possible volunteer opportunities). If a club such as KEY Club performs off-campus volunteering, this can be included. The following is the maximum number of weeks per school year you were able to volunteer.

J Junior summer maximum number of weeks = 11.4; Senior summer maximum number of weeks = 10.6.

Junior school year maximum number of weeks = 41.2; Senior school year maximum number of weeks = 10.6.

School Activities (Freshman, Sophomore, Junior, Senior)

School activities include after school sports (football, track, soccer, etc.), the arts (band, choir, visual arts, dance, etc.), ASB, school clubs and organizations such as speech & debate, school newspaper, peer court, cheer, FBLA, NHS, RESET, HOSA, etc. The maximum number of weeks for each school year is:

Freshman Yr = 35.8 weeks; Sophomore Yr = 32.6 weeks; Junior Yr = 36.0 weeks; Senior Yr = 9.4 weeks

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How to Determine the Number of Weeks

Paid Employment Example: You worked 15 hours per week all summer during your Junior year (summer of 2020) = 11.4 weeks @ 15 hrs; You worked 5 hours per week for the school year during your Junior school year = 41.2 weeks @ 5 hrs; You worked 20 hours per week all summer during your Senior year (summer of 2021) = 10.6 weeks @ 20 hrs. You would enter each of these numbers separately in an Activity box on the “Extra-Curricular Activities Worksheet” in the proper column, listing the volunteer activity and if it was the summer or school year under the activity.

Volunteering Example: Use the same above procedure to determine the number of weeks for your volunteering.

Activities Example: Freshman year in ASB = 35.8 weeks; Sophomore year in ASB = 32.6 weeks; Junior year in RESET for one semester = 18.0 weeks; Senior year in NHS, choir, FBLA each all year = 9.4 weeks for each activity. List each of these activities and the number of weeks in the appropriate space on the worksheet.