

Sample list of activities

This is a sample – please feel free to use your own style. What is important is that you list your relevant activities in each category, and briefly describe your involvement in each (when? How many hours? What was your position? What were your responsibilities). If you have an activity that doesn't fit, feel free to create a new category. Your goal is to provide a list of activities that is easy to read and understand. Save detailed reflection for your autobiography.

Clinical experience

Academic Internship, Spring 2014 semester, 8 hrs. per week

Neo-natal intensive care unit, UMass Memorial Medical Center, Worcester, MA, Dr. X

- Shadowed Dr. X in neo-natal intensive care unit and observed these procedures: x, y and z
- This was an important experience for me because it allowed me to observe a physician in her work and interact with patients. (continue short paragraph)
- Requested recommendation letter from Dr. X

Emergency Department volunteer, Academic years Fall 2012 - Spring 2014, 4 hours per week

St. Vincent's Hospital, Worcester, MA

- Worked at front desk checking in patients, transported patients in unit

Patient feeder volunteer, September 2007-June 2008 (high school), 6 hrs per week (20 hrs per week during breaks)

Hospital Z, Xenia, Ohio

- Delivered meals to patients and assisted in feeding patients with disabilities.

Research experience

Summer research assistant, Summer 2013 (9 weeks), 40 hours per week

Department of Chemistry, College of the Holy Cross, Prof. Y

- Worked in biochemistry lab of Prof. X, conducting (these procedures). Work resulted in research submitted for publication in *Journal*
- In this position, I learned how academic scientific research is conducted. I experienced both the thrill of discovery and came to understand that scientific research involves careful and tedious work.
- Requested recommendation letter from Prof. Y

Volunteer work

SPUD Volunteer, Abby's House, Fall 2013, 8 hours per month

- Worked at front desk and talked to residents
- This was an important experience for me because I learned to communicate with people with different backgrounds and experience than my own... (continue short paragraph)

Other activities

Varsity hockey, College of the Holy Cross, 2010-2014, 20 hours per week

- As a varsity hockey player, I learned valuable skills of time management, overcoming adversity, and leadership....

Arrupe Immersion Program, El Salvador, January 2012

Chaplains Office, College of the Holy Cross

- Traveled to X
- This was the first time I faced extreme poverty. I learned....

Other work experience

Summer intern, Summer 2012, 40 hours per week

A Insurance Company, B, Ohio

- Assisted staff in processing claims by speaking with clients and filling out paperwork