Make Every Activity Count

Write an activities list that lands

The formula

Strong verb + what you did + the impact, with a number. Cut filler like “responsible for” and “helped with” to buy back characters for detail.

Weak to strong

- Weak: “Was part of the debate club and helped out at events.”
- Strong: “Led 20-member debate club; coached novices to 3 regional finals and ran 4 tournaments.”

Five rules

1. Lead with a strong action verb (Founded, Led, Built, Raised).
2. Show impact with numbers: people, dollars, hours, results.
3. Cut filler words to buy back characters.
4. Be specific. Name the exact thing you did.
5. Rank slots by importance, not by date.

PARENT TIP Push for numbers. “Tutored kids” becomes “Tutored 12 third-graders weekly for a year.” Specifics are what make an activities list believable and memorable.

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