

Name _____
Date _____ CAP Teacher _____

ACTIVITIES AND ACCOMPLISHMENTS (Grades 9-11)

Directions:

- Step 1: Use this template as an organizational tool to list your activities.
- Step 2: Review the "Personal Data Sheet Template" format
- Step 3: Review the sample personal data sheet.
- Step 4: Format your own personal data sheet using your activities and accomplishments below.

GRADE 9

Honors and Awards : (Academics, Clubs, Athletic, Community)

- 1.
- 2.
- 3.

School Activities and Organizations:

- 1.
- 2.
- 3.

Community Activities and Organizations:

- 1.
- 2.

GRADE 10

Honors and Awards:

- 1.
- 2.
- 3.

School Activities and Organizations:

- 1.
- 2.
- 3.

Community Activities and Organizations:

- 1.
- 2.

GRADE 11

Honors and Awards:

- 1.
- 2.
- 3.

School Activities and Organizations:

- 1.
- 2.
- 3.

Community Activities and Organizations:

- 1.
- 2.

PERSONAL DATA SHEET TEMPLATE

NAME (full name)
ADDRESS:
CITY, STATE (ZIP CODE)
(area code) PHONE NUMBER, (area code) CELL NUMBER,
PROFESSIONAL EMAIL

Sample

JOHN Q. DOE
2825 Ala Ilima Street
Honolulu, Hawaii 96818
Phone: (808)831-XXXX, Cellular: (808)222-XXXX
john_doe@yahoo.com

EDUCATION

Elementary School Attended: City, State (from _____ to _____)
Intermediate School Attended: City, State (from _____ to _____)
High School Attended: City, State (from _____ to _____)
High School Grade Point Average: _____
Class Rank: _____ out of _____ seniors

EDUCATION:

Moanalua Elementary Honolulu, HI 1995-2002
Moanalua Middle School Honolulu, HI 2002-2004
Moanalua High School Honolulu, HI 2004-2007

Cumulative grade point average: 3.0 Class rank: 75 out of 400

SCHOOL ACTIVITIES

Athletics:
Class Level:
Student Association:
Clubs:

CLASS ACTIVITIES:

Homecoming
• Built bon fire 2002 (1 hour per week)
• Danced in the Floorshow 2004, 2005, 2006 (2 hours per week, 6 weeks)
Junior Prom Committee Member
• Assisted in selling prom bids
• Put up decorations and made favors

OUT OF SCHOOL ACTIVITIES

Volunteer Work:
Organizations:
Clubs:
Church Work:

SCHOOL ACTIVITIES:

Ethnic Day Committee (10), Chairman (11)
• Steered cultural days of learning
• Lead activities on chosen cultural activities (e.g. Korea, Russia)

SPECIAL RECOGNITION

Awards:
Scholarships:
Distinctions:

ATHLETICS:

Soccer (2004-2006)
• Played forward
• OIA West Player of the Year (2005)
• OIA West First Team (2006)
Water Polo-Co-Ed team (2004)

WORK EXPERIENCE

Name of firm:
(Include date you started, date ended, number of hours per day/week/month worked)
Duties of the job:
Any special benefits of the particular job:

CLUBS:

Interact (10,11,12)
• Cleaned beaches (2004, 2005, 2006) (6 hours each year)
• Raised funds through charity auctions (2004, 2005)
Speech & Debate (10,11)
• Compete in Original Oratory
• Placed 4th in the state tournament

CAREER OBJECTIVE

Fields of interest:
Professional goals:

SPECIAL RECOGNITIONS:

Honor Roll (9,10)
Player of the Year for OIA West Soccer (11)
Hawaii Regional Scholastic Art Exhibit Participant

PERSONAL BACKGROUND

Family Data:
(Parents' names, occupation of both parents, number of brothers and sisters, any unusual data relating to your family)
Hobbies:
Interests:

CAREER OBJECTIVE:

Fields of Interest: Soccer, Sports Medicine
Professional Goals: To take sports and soccer to the highest level possible, and to find a career in athletics or medical care.

ANY INTERESTING TRIPS OR PROJECTS DONE ON YOUR OWN TIME

CURRENT CLASS SCHEDULE

List all 7 courses in which you are currently enrolled

PERSONAL BACKGROUND:

Family Data: Jack and Nina Doe: Parents immigrated from Korea in 1975
Donna, Sister: attends the University of Hawaii at Manoa
Hobbies: Art, playing soccer.