

High School

EVENT	TIME per week/per year	YEAR (grade level)
SAMPLE JV Soccer	12 hrs week/17 weeks per year	9, 10

College

EVENT	TIME per week/per year	YEAR (grade level)
SAMPLE Intramural Basketball	4 hrs week/all school year	Freshman -

Work and Community Activities

Activity	Name	Position	Years	Hours per week/per year
SAMPLE Volunteer	Friendly Kitchen in Laconia	Meal server	2022 – to present	2 hours per week 80 hours per year

Job	Company	Location	Years	Hours
SAMPLE Cashier	Market Basket	Gilford NH	June 2020 – May 2022	8 hours per week during the school year and 35 hours during the summer