

Importância e exemplos de

# *Atividades Extracurriculares*

Para admissão nas melhores  
faculdades no exterior



# Introdução - o processo de admissão

Estudar em universidades no exterior — como nos Estados Unidos, Europa e Canadá — é o sonho de muitos estudantes em busca de formação de excelência e oportunidades internacionais.

Diferente do modelo brasileiro, que se baseia principalmente em notas de vestibulares, o processo dessas instituições é holístico: **avalia não só o histórico escolar, mas também cartas de recomendação, entrevista, redações, exame de proficiência, testes padronizados como o SAT, ACT ou provas específicas da instituição** e, com grande peso, as **atividades extracurriculares**.

Nas próximas páginas, entenda melhor o que são as extracurriculares, sua **importância no processo de candidatura**, dicas de nosso especialista e exemplos de atividades de alguns alunos da Crimson aceitos em instituições seletivas como Harvard, MIT, Yale e mais.



Dicas de nosso especialista

## O que são as atividades extracurriculares?

As atividades extracurriculares representam todas as atividades que o estudante realiza que não esteja dentro do currículo obrigatório de seu colégio. Elas podem ser feitas tanto dentro quanto fora do ambiente escolar e indicam as principais áreas de interesse e paixões do aluno, podendo ser formais ou informais.

## Por que elas são importantes na candidatura?

Mais do que um simples requisito, as atividades extracurriculares permitem que as universidades no exterior conheçam o candidato além de suas notas, mostrando aspectos fundamentais como personalidade, interesses, valores e habilidades interpessoais.

Em instituições seletivas — onde muitos candidatos possuem excelentes resultados acadêmicos — essas atividades se tornam um dos principais diferenciais. É por meio delas que os comitês de admissão identificam perfis únicos, com visão de mundo, propósito claro e potencial de gerar impacto em nível local ou global.

As experiências consideradas pelas universidades abrangem o período que vai do 9º ano do Ensino Fundamental até o final do Ensino Médio. Entre os aspectos mais valorizados nas atividades extracurriculares, estão:

### ✔ Liderança

É demonstrada pelo papel e nível de responsabilidade do aluno dentro da atividade, seja como gestor, criador ou executor. Ela pode se manifestar de diferentes formas: líder de clube ou time de pesquisa, fundador de startup ou criador de evento, escrever um livro ou aprender uma nova língua por conta própria etc.

### ✔ Comprometimento

Representado pela quantidade de tempo que o aluno participa desta atividade e quantas horas semanais ele dedica a ela. Quanto maior for o tempo, mais paixão e interesse pela atividade este candidato estará mostrando.

### ✔ Reconhecimento

Representado pelo destaque obtido pela atividade, tais como medalhas e prêmios, e também pela evolução do projeto ao decorrer do tempo.

### ✔ Impacto e alcance

Representados pelo impacto causado em pessoas em um determinado ambiente, comunidade, bairro, cidade, estado ou até mesmo país.

### ✔ Coerência com o perfil

Como a atividade conversa com o perfil do aluno e como ela exemplifica os interesses dele em determinado curso ou área.

Dicas de nosso especialista

## Exemplos de tipos de extracurriculares

Veja alguns tipos de atividades que os estudantes podem se envolver durante o período escolar:

### Acadêmico

Clubes de estudo, competições acadêmicas, feiras científicas, fóruns, grupos de leitura, olimpíadas de conhecimento.

### Ciências

Feiras de ciências, projetos de pesquisa, iniciação científica, laboratórios.

### Empreendedorismo

Competições de startups, estágios em empresas, criação de negócios próprios.

### Tecnologia

Programação de sites ou aplicativos, robótica, desenvolvimento de hardware.

### Artes

Artes visuais, teatro, performance, escrita criativa, dança, fotografia, cinema, design gráfico, produção cultural.

### Debate

Simulações da ONU, clube de debate, competições de oratória.

### Esportes

Atividades em clubes esportivos, times escolares, esportes coletivos e individuais, e-sports.

### Música

Participação em bandas, aulas de instrumentos, composição musical, coral, produção musical.

### Voluntariado

Trabalho em ONGs, ações de caridade, arrecadação de fundos, auxílio em abrigos, campanhas sociais.

### Cultural & Línguas

Aulas de idiomas, intercâmbios culturais, programas de verão.

### Mídia & Jornalismo

Produção de site próprio, jornal escolar, canal no YouTube, podcasts, blogs, redes sociais.

### Religioso

Grupos de jovens, retiros espirituais, atividades em templos, coordenação de eventos religiosos.





Dicas de nosso especialista

## Dicas essenciais sobre as extracurriculares

Antes de mostrar algumas listas de atividades extracurriculares de sucesso dos alunos da Crimson aprovados em universidades renomadas no exterior, pedimos ao estrategista sênior da Crimson, Gabe Gladstein, para compartilhar suas três principais dicas sobre essa etapa do processo.

Na Crimson, nossos especialistas, que estudaram nas melhores faculdades do mundo, têm ampla experiência ajudando alunos a construir um perfil extracurricular forte, desde a criação e desenvolvimento, até a apresentação na candidatura.

Isso é essencial para mostrar aos avaliadores que o candidato é um participante ativo e apaixonado pela sua comunidade, com potencial para contribuir no campus.

Continue lendo para aprender mais e, em seguida, inspire-se comparando os exemplos diversos atividades de alguns de nossos alunos com candidaturas de sucesso.

Para saber mais sobre a Crimson e como podemos ajudá-lo em suas candidaturas, fale conosco [clicando aqui](#).



## Dicas de nosso especialista

Um dos especialistas em estratégia de candidatura da Crimson, Gabe Gladstein, formou-se em Harvard sendo Magna Cum Laude com um diploma em Governo e com foco acadêmico no estudo da Ética na Guerra e na Política Chinesa. Em 2018, Gabe realizou um mestrado em Música no Conservatório de Música de New England. Ele já trabalhou com centenas de alunos da Crimson para ajudá-los a obter admissões na Ivy League, Stanford, MIT, Duke, UChicago, UC Berkeley e muitas outras universidades de ponta. Confira suas dicas:

### Dica 1

#### **Tente ter em torno de dez extracurriculares bem desenvolvidas**

A maioria das universidades dos Estados Unidos e algumas da Europa utilizam a plataforma Common App para receber candidaturas. Ela permite que o aluno liste até dez atividades extracurriculares. Por isso, na Crimson, orientamos nossos alunos a incluir cerca de dez experiências relevantes para apresentar um perfil diversificado e completo. Caso possuam mais atividades importantes, é possível detalhá-las na seção de informações adicionais.

Mesmo em outras plataformas de candidatura, como as próprias de algumas instituições, recomenda-se focar em até dez atividades para facilitar a avaliação e destacar o candidato de forma clara e estratégica.

### Dica 2

#### **Descreva-as da melhor forma**

Ao descrever as atividades extracurriculares na candidatura, é importante apresentar as responsabilidades e os resultados de forma clara e objetiva. Sempre que possível, inclua números ou outras referências concretas que evidenciem seus resultados, tornando sua descrição mais convincente e fácil de entender.

### Dica 3

#### **Organize sua lista por nível de importância**

Ao preencher a seção de extracurriculares da candidatura, é importante listá-las priorizando a ordem das que tiveram maior impacto.

Da mesma forma, prêmios conquistados também devem estar entre as primeiras atividades.

A seguir, você verá exemplos reais de atividades extracurriculares de alunos da Crimson aprovados nas universidades mais seletivas do mundo.

Esses casos refletem não apenas o apoio que receberam para criar e desenvolver suas atividades, mas também a orientação estratégica da Crimson na forma de descrever e organizar cada uma delas, resultando em aceitações incríveis.

# Lista de atividades de uma admissão de sucesso em *Harvard University*

## RESEARCH

### Research on Diet and Skin Health

Co-authored a journal article and submitted to Journal of the American Academic dermatology.

## COMMUNITY SERVICE

### Volunteer, Stepping Stone Mission

Assist with preparing and distributing food at soup kitchen for the homeless; awarded President's Volunteer Service Award (silver level).

## CULTURAL

### Founder and President, Origami Club

Teach origami to 33 members to promote cultural diversity; organised origami events at Stepping Stone Soup Kitchen; fundraised \$91 for Stepping Stone.

## STUDENT GOVT. POLITICS

### President, Student Government Association

Organised first ECHS Cancer Run; restored interclub Committee; oversaw homecoming decorations and parade; represent study body at faculty meetings.

## SCIENCE / MATH

### Captain Math Team

Spearhead the Math Team in regional competitions; became the first captain to lead the team to Fayette Invitational.

## INTERNSHIP

### Intern, Newnan Dermatology Institute

Shadowed dermatologists; assisted NPs with writing patient notes; performed non-surgical procedures – sterilized surgical tools; prepared equipment tables.

## RELIGIOUS

### Audio Technician, Worship Team

Operated a mixing board at Sunday and Friday youth services; produced and edited Worship Team's sound to contribute in servicing the youth.

## DEBATE / SPEECH

### Selected Participant, Harvard Pre-College Program

Took "Speaking with Power, Passion and Purpose"; performed a speech on four different occasions on issues such as conserving food resources.

## COMMUNITY SERVICE

### Chairman of Community Service, Key Club

Served as liaison between Key Club and local organizations – Abby's Angels (Teen Driving Safety), Soles for Cole (Awareness for Cystic Fibrosis).

## SCIENCE / MATH

### President, Mu Alpha Theta

Organized tutoring sessions and meetings; tutor students struggling in math classes to promote youth academic achievements in mathematics.

# Lista de atividades de uma admissão de sucesso em *Columbia University*

## ACADEMIC

### Founder & Leader, Fun Maths Problem Solving Society

Recruited 40+; weekly problem solving sessions; devise sets from "Superbrain Collection"; invite guest speakers; share passion for maths.

## STUDENT GOVT. / POLITICS

### Y13 Vice-Captain, Dulwich College

Voted by teachers & students from shortlist of 40 candidates; manage Senior Prefect Body, Charity & Union Committees; report weekly to Headmaster.

## COMMUNITY SERVICE

### Organizer, Foundation Schools Maths Competition

Spearheaded multi-school competition involving 140+ competitors across 3 schools; raised 350 GBP for Magic Bus charity, supporting further education.

## ACADEMIC

### Member, Physics Society

Attend weekly meetings; gave presentation on 'The Cheerio Effect' and piezoelectric technology; assisted recruitment efforts by making posters.

## CULTURAL

### Founder & Co-Leader, Russian Culture Society

Recruited 60+; regular presentations on language, food, history; invited guest speakers; designed most desirable tie; organize club stall for fair.

## ACADEMIC

### Competitor, Various Maths Competition

Qualified for British Maths Olympiad in Y12; Qualified for Intermediate Maths Olympiad in Y11; High Gold Intermediate Maths Challenge in Y11.

## COMMUNITY SERVICE

### Reading/Maths Mentor, City Heights E-ACT Academy

Volunteered during lunch period to read to students at school in disadvantaged area; tutored basic maths and helping with homework.

## JOURNALISM / PUBLICATION

### Senior Editor, DC Mathematica (Annual publication)

Reviewed 35+ submitted STEM articles; editing, proofreading, designing, publishing; wrote 2 articles; proceeds donated to Affcad UK charity.

## OTHER CLUB / ACTIVITY

### Writer, House Poetry Competition

Won 1st place in consecutive annual House Poetry Competitions in Y10 and Y11; Headmaster's award for best poem: "As I Return" sonnet in Y11.

## RELIGIOUS

### Member, Religion, Theology, Ethics Society

Presentation on 'The Issue of Homophobia in Russia'; selected to present to all Y10&11 students; attended weekly meetings; awarded society tie.



# Lista de Atividades de uma admissão de sucesso *UPenn Huntsman Program*

## **OTHER / CLUB ACTIVITY**

### **AFI International Youth Ambassador (UN and EP)**

Chair the 35th Youth Human Rights Summit in the United Nations, representing young people's voices at the forefront of international discussions.

### **COMMUNITY SERVICE President and Founder**

Founded a youth-run charity that provides literature opportunities to rural, migrant areas and developing countries that cannot afford English texts.

## **INTERNSHIP**

### **MEP EP Internship (One Belt One Road Initiative)**

Interned at the European Parliament, presented the reports of Guangdong for the One Belt One Road Initiative and attended Programmes independently.

## **STUDENTS GOVT. / POLITICS**

### **SRC Prefect - Students Representative Council**

Represent the student voice by organising initiatives (school charity), fundraising events (color run) and fundraising for the Smith's Family.

## **ACADEMICS**

### **Published Fictocritical Thesis**

Produced a published major work that challenged dominant constructions of Chinese diasporic identity in Australia.

## **DEBATE / SPEECH**

### **Debating Competitions and Trinity College Diploma**

Through competing in Rostrum Public Speaking, Mock trial, Voice of Youth and Speech and Drama, I have practiced for and completed my ATCL diploma.

## **OTHER / CLUB ACTIVITY**

### **International Courses, 'Programmes and Leadership**

Stanford summer course, Oxford Law summer course, Dale Carnegie Leadership course, President of Harvard Model United Nations (honourable mention).

## **MUSIC - INSTRUMENTAL**

### **Lead Cellist, Organ, Piano, Flute, Harpsichord**

Played on the organ weekly for chapel services, in orchestra for Cello and Flute and volunteer at North Haven Nursing Home by playing piano.

## **CAREER ORIENTED**

### **Youth Parliament (Minister for Women's Affairs)**

Led the unanimous passing of a resolution in the Senate after creating a report into the underrepresentation of Women in STEM fields.

## **ATHLETICS - JV / VARSITY**

### **Fencing, Sports and Activities**

Trained and competed in Fencing (National), Badminton (Firsts), Volleyball (Firsts), Chess (Founder), Swimming (Squad team), Netball (Seconds).

# Lista de atividades de uma admissão de sucesso em *Yale, Stanford, Columbia, Brown, UPenn, Duke, Cornell e UChicago*

## **INTERNSHIP**

### **Intern, Congresswoman**

Interned in Washington DC in a team of 3; wrote 25+ letters addressing constituent concerns; attended 20+ hearings & briefings; toured constituents.

## **CAREER ORIENTED**

### **Dir. of Outreach, The Barrio Impact (Ed.Nonprofit)**

Afterschool tutoring & guidance to Latino students; personally liaised with 100+ universities to request promotional materials; searched for scholarships.

## **ACADEMIC**

### **Captain & President, MDCHS Quiz Bowl Team**

Recruited 15+ members; lead weekly practices; elected Captain '17; under captaincy, improved to 3rd Place Quiz Bowl Metro League '17.

## **INTERNSHIP**

### **Intern & Office Manager, Ammar Campa-Najjar Campaign**

Managed day-to-day tasks such as training volunteers for congressional campaign; crafted promotional materials in English & Spanish; phonebanking.

## **OTHER CLUB / ACTIVITY**

### **President & Founder, College Awareness Club**

Founded club and recruited 50+ students in regular attendance at meetings; invited prominent college alumni to speak about experiences at schools Internship.

## **INTERNSHIP**

### **Bilateral Safety Corridor Coalition**

Spread awareness&outreach regarding human trafficking; delivered 5+ bilingual seminars at Mexican Consulate on recognizing signs of forced labor trade.

## **ATHLETICS - JV / VARSITY**

### **Lacrosse, Defenseman, MDCHS Crusaders Varsity Lacrosse**

Attended daily practices; started in games twice a week; chosen as captain in 3 games during season.

## **DEBATE / SPEECH**

### **Vice President, Speech & Debate Club**

Organized biweekly meetings; recruited 25+ students; debates on current affairs & religion; facilitated public speaking improvement in peers.

## **RELIGIOUS**

### **Member, Ambassador for Christ Corps**

Represented school at various events such as Open House, Fall Festival, G8 Visitation; served as bilingual tour guide for Spanish speaking families.

## **ACADEMIC**

### **Team B Captain, National Ocean Sciences Bowl.**

Organized biweekly practices & prepared team of 5 for competition; expanded knowledge on environmental science topics such as marine policy & geography.

# Lista de atividades de uma admissão de sucesso em *Harvard University*

## **COMMUNITY SERVICE**

### **Founder Eduklase Online Education Info Portal**

Recruited 8-ppl eboard; built & regularly updated website for the underprivileged; promoted it to gain 10k + visits in 6 months; partnered w/ local NGOs.

## **CAREER ORIENTED**

### **VP, HK Youth Law & Current Affairs Association**

Recruited and supervised eboard operations; initiated 2 day mock trial workshop for 70+ underrepresented students; invited local lawyers to lecture.

## **DEBATE / SPEECH**

### **President, School MUN Club**

Wrote global affairs reports; recruited and tutored 50+ juniors; assigned prepwork to 10 ppl; chaired 4 intra & inter schl MUNs.

## **SCIENCE / MATH**

### **Team Leader, Dyelectricity Science Research Team**

Managed day-to-day tasks such as Rsrched on replacing metallic dye of dye- sensitized solar cell w/ kitchen waste; lowered cost by 45% ; presented in Intl Student Science Conference.

## **DEBATE / SPEECH**

### **Captain, School Mock Trial team**

Delegated rsrch tasks amongst 5 members; prepared and delivered written and oral arguments in the High Court before full jury and judge.

## **COMMUNITY SERVICE**

### **Vice President, Kalliope Organization Committee**

Initiated schl first charity green fashion show; liaised with designers, models & performers; attracted 600+ audiences; raised 1k+ for bursary fund.

## **DEBATE / SPEECH**

### **Speaker TEDx Youth@AISHK**

Compiled stats and anecdotes of third-world volunteering; delivered speech on maximization of service impact; conducted panel discussions w/ 100 audience.

## **ACADEMIC**

### **Participant, Stanford Summer Humanities Institute**

Discussed intersectionality of racial identity w/ prof & peers; wrote final paper on evolution of transracial identity; daily creative writing.

## **ENVIRONMENTAL**

### **Organizing Committee, HK Youth Environmental Summit**

Designed promo material to attract 80+ peers; negotiated to gain food sponsorship, promoted environ awareness on campus to local and intl students.

## **DEBATE / SPEECH**

### **Volunteer, Crossroads Foundation**

Sorted, tested and repaired donated electronic appliances; arranged, packed and loaded goods for shipping; assisted poverty simulations for the public.

# Lista de atividades de uma admissão de sucesso em *Stanford e Princeton*

## **SOCIAL JUSTICE**

### **Sec. and Spokesperson, Cancer Action Network**

Advocated NSW gov. to pass legislation for \$100m AUD for palliative care access to lower socioeconomic classes; collected 150K sigs; lobbied MPs.

## **COMMUNITY SERVICE**

### **Youth Ambassador, Cancer Council New South Wales**

Increased yth. participation by 250% in the region through outreach; raised \$11KAUD through Relay For Life.

## **JOURNALISM / PUBLICATION**

### **Freelance Journalist, Group Co-leader**

Published in The Huffington Post, Sydney Morning Herald, The Age on various youth & sociopolitical issues.

## **SOCIAL JUSTICE**

### **Community Ldr, Oaktree (largest youth. led org).**

Worked closely with CEO to develop alternative curricula for use in developing countries; raised \$5K AUD.

## **DEBATE / SPEECH**

### **Club Leader (MHS Speaking Club)**

Winner Nat/State Cmlth of Aus Speech Comp; 1st nationwide '17; Lions Youth Quest State Winner & Nat. Finalist '16; ATCL Int. Diploma w/ Distinction & 90 credits.

## **RESEARCH**

### **Australian Educational Research, U. of Newcastle**

Researched contemp. education issues w/ Prof. Gore; Halogen Foundation International Comp Winner.

## **COMMUNITY SERVICE**

### **Deputy Mayor, Newcastle Youth Council**

Launched Youth Online Survey w/ Newcastle Council; 4000 participants. Young Citizen of the Year Award Winner.

## **DEBATE/SPEECH**

### **Leader, MHS Debate Team**

Leader, National Team UN Evatt State Winner & National Finalist '16; Rotary MUN 2nd Nationally '17; Premier's Debating Challenge State Semi-Finalists '15.

## **ACADEMIC**

### **Student, Harvard Summer School (7 week programs)**

Received A grade in two college level courses: Leadership in War & Peace, Introduction to Philosophy.

## **INTERNSHIP**

### **Intern for Minister for Environ. & Heritage**

Wrote speeches that were delivered by MP in Parliament; compiled daily briefs on electorate needs; visited constituents to learn about key issues 7 Writing.



# Lista de Atividades de uma admissão de sucesso em *Columbia University*

## JOURNALISM / PUBLICATION

### **Creative Editor, The Picador (School Newspaper)**

Selected as Creative Editor; oversee Outside The Bubble and Culture column; responsible for layout management; wrote articles on socialism.

## ART

### **Vice Organizer, MUSE Exhibition (Hanoi)**

Art exhibition with over 10,000 attendees; 40 pieces displayed; raised \$3000 for gender equality awareness; oversaw PR campaign & liaised with sponsors.

## INTERNSHIP

### **Economics Column Intern, TienPhong.vn (VN News)**

Conducted interviews with prominent economists; attended banking & economic conferences; collated materials for column; translated articles to English.

## THEATER / DRAMA

### **Composer, Writer, Producer, Fragments (Musical)**

Oversaw the production of a completely student run musical; composed 4 songs; developed script; managed 30 actors & 20 backstage volunteers.

## COMMUNITY SERVICE

### **Co-founder, Share Org. (Sex Ed. Nonprofit)**

Wrote, designed, printed over 200 sexual education awareness pamphlets for distribution in underprivileged areas of Northern Vietnam; ran 5 workshops.

## COMMUNITY SERVICE

### **Volunteer Mentor, Camp Blast (Children's camp)**

Lead children through scientific, artistic, and wilderness activities; served as photographer and shot videos for camp's promotional use.

## JOURNALISM / PUBLICATION

### **Reporter & Photographer, Shades of Hanoi (Magazine)**

Reported on local events and issues for magazine; oversaw visual layout including photos; wrote article on demolition of local historical bridge.

## THEATER / DRAMA

### **Actress, Bring it On & All Shook Up (Musicals)**

Reported on local events and issues for magazine; oversaw visual layout including photos; wrote article on demolition of local historical bridge.

## SOCIAL JUSTICE

### **Leader, Annual Student-Led Conferences**

Organized workshops with team of 15 on raising awareness for disabilities (G11) and privilege (G10); moderated debates on prominent social issues.

## MUSIC VOCAL

### **Soprano Vocalist, HolderNotes (A-capella)**

Attend weekly practices; arrange contemporary music for a-capella performance; perform at school events.

# Lista de Atividades de uma admissão de sucesso em *Duke e Tufts*

## **STUDENT GOVT. POLITICS**

**Prefect, House Captain, Peer Support Leader**

Lead 140 students in School Spirit Competitions and won Spirit Cup. Organised 15+ events, lead fundraising \$6,000+ for school in Kenya vis Goods for Girls.

## **THEATRE / DRAMA**

**Lead Actor, Knox School Academy of Performing Arts**

Lead female: Musical 'Bye, Bye Birdie'. 4 dance solos, cast of 85, 10 schools, trained jnr cast, sold tickets for production.

## **THEATRE / DRAMA**

**Lead Actor, Abbotsleigh School for the Performing Arts**

Music Theatre: 'The Little Mermaid'. Leading role 'King Triton'. 2 solo numbers. Cast of 80, sold tickets for production.

## **DANCE**

**Member of Team 'Abbotsleigh Crew' School of Competitive Dance**

Varsity, Jazz, Hip-Hop teams. Hip-hop 2 x 1st 2016, 1 x 2nd 2017 in regional comps (30 schools). Toured USA in 2015.

## **MUSIC VOCAL**

**Member of Choir, Jazz Ensemble, Chamber Choir**

10+ solo performances at major school events. (Speech days, Chapel services, Parent concerts.) Extended tuition, AMEB honors.

## **ATHLETICS JV / VARSITY**

**Tennis Varsity Doubles Player in Tildsley Rep Tennis**

Private tennis and selective squads to complete in IGSSA representative tournaments (30 schools).

## **ATHLETICS JV/VARSITY**

**Basketball Varsity Second Team Shooting Guard**

Won IGSSA regional comp in 2016 (30 schools). Awarded silver honors for sport commitment.

## **COMMUNITY SERVICE**

**Volunteer: Habitat for Humanity Fiji**

Selected as 1 of 10 (50 applied) to go to Fiji and spend 2 weeks building/planning house for single mother living in small rural community.

## **STUDENT GOVT. POLITICS**

**Petition for Women in Government**

Initiated school movement to petition Julie Bishop/MP after Prime Minister resigned - need for women in parliament.

## **OTHER / CLUB ACTIVITY**

**Petition for Women in Government**

Advanced Open Water Rescue Diver. Enriched Air, underwater photography certifications.

# Lista de atividades de uma admissão de sucesso em *Harvard University*

## **STUDENT GOVT. / POLITICS** **Senior Prefect (School Captain)**

Whole school responsibilities, Managing Prefect Group (23 boys) / Running major whole-school events / Public Speaking / Directing charity activities.

## **MUSIC INSTRUMENTAL** **Music Captain**

Helping run concerts / Liaising with music department staff / Organising a charity concert / Running music committee (8 boys).

## **MUSIC INSTRUMENTAL** **Assistant Concertmaster** **(School Orchestra)**

Helping lead the First Violins or School Orchestra and Senior String Orchestra

## **MUSIC VOCAL** **Tenor in 'Grammarphones'** **(Senior A Cappella Group)**

Singing and rehearsing as a tenor in the most selective vocal group within the school.

## **ATHLETICS - JV / VARSITY** **Cross Country,** **Cross Country Captain**

Leading the Cross Country squad / Finishing second in the competition / Qualifying for the Independent Schools Representative Team.

## **ATHLETICS JV / VARSITY** **Basketball, Power Forward in** **First/Second Squad**

Playing in the Firsts and seconds throughout the basketball season in the highly competitive GPS/CAS competition.

## **ATHLETICS JV/VARSITY** **Track and field / Sprints /Middle** **Distance**

State 800m bronze / Regional 800m silver / Kenny Cup for Best All-round Senior Sportsman / Open 100/200 Championship School Representative.

## **FOREIGN EXCHANGE** **Participant**

Living / Going to school in Paris for 3 months / Hosting French exchange students for 3 months in Sydney.

## **DEBATE / SPEECH** **Debating A Team / Mooting** **Team**

Debating as a member of the As / Runners-up in the Independent Schools Debating Association / Participating in Regional Mooting.

## **COMMUNITY SERVICE** **Violinist**

Violinist in a string trio to raise money for NSW Kids in Need and Australian Chamber Orchestra Music Education Program for Disadvantaged Kids.

# Lista de Atividades de uma admissão de sucesso em *Princeton, Brown, UChicago e Johns Hopkins*

## **MUSIC VOCAL**

### **Co-President, Allegro Council (Music Council)**

Led team of 20 students to organize & promote 20+ events all across campus: vocal & jazz concerts, musical showcases; coordinated with music faculty.

## **COMPUTER / TECHNOLOGY**

### **Member, Lawrenceville Computer Programming Club**

Taught 10+ members languages such as Python, Javascript, CSS/HTML; competed in local competitions; placed 5th in competition at Rowan University.

## **MUSIC VOCAL**

### **Assistant Concertmaster (School Orchestra)**

Helping lead the First Violins or School Orchestra and Senior String Orchestra

## **COMPUTER / TECHNOLOGY**

### **Software Developer, Lawrenceville 24H Pass System**

Utilized Javascript to create a centralized mobile/web app to share course info between teachers & 800+ students; replaced antiquated paper system.

## **MUSIC VOCAL**

### **Singer (Alto), Lawrentians Choir**

Weekly practices; 6 performances a year, including during revisit days, choral concerts, and Christmas gatherings.

## **THEATER / DRAMA**

### **Cast Member, Various School Musicals**

Played lead role of Tobias in Sweeney Todd '19; ensemble member in Guys & Dolls '17; featured role in Urinetown '18; designed all posters.

## **JOURNALISM / PUBLICATION**

### **Managing Editor, Working Title (Literary Magazine)**

Managed publishing and submission schedules; coordinated writers, editors, and artists; personally contributed to every single issue (7+).

## **ATHLETICS - JV / VARSITY**

### **Softball, Team Captain, Lawrenceville JV Softball**

Starting pitcher; elected team captain in Junior year; planned and led practices with coaches; learned a brand new sport.

## **OTHER CLUB / ACTIVITY**

### **VP of Community Service, Int. Student Association**

Hosted orientation events for 100+ students; organized fundraisers for international social issues; raised money for Save the Children.

## **ATHLETICS - JV / VARSITY**

### **Basketball, Team Manager, JV Girls Basketball**

Organized game schedule with opposing teams; managed scorebook during games; assisted coaches with managing practices.



# Lista de Atividades de uma admissão de sucesso em *Stanford*, *UPenn* e *Johns Hopkins*

## **COMMUNITY SERVICE**

### **IYOW Charity Converts Founder and Director**

Leader of 90 students; raised \$4121 over two years for the Aboriginal Literacy Foundation; plan/organise rehearsals, technicians, venues, equipment.

## **DEBATE / SPEECH**

### **Member of the Victorian State Squad for Debating**

Victorian State Squad member (Top 13 in state); Victorian British Parliamentary grand finalist (Top 4 in state); Australian intervarsity participant.

## **DEBATE / SPEECH**

### **Middle School and Senior School Debating Captain**

Run trainings; volunteered as House Debating adjudicator; debating coach for school teams; multiple best speaker awards; regional finalists Year 11.

## **JOURNALISM / PUBLICATION**

### **Writer and Editor for various publications**

Text editor and writer for school newspaper; writer for The Signal Express and BQ Australia Chinese Weekly (China Southern Airlines inflight paper).

## **ART**

### **Visual Arts**

Self-directed projects; weekly art classes; five artworks shortlisted for IB Top Arts exhibition (Top 20 IB artists in state).

## **MUSIC INSTRUMENTAL**

### **Piano and Viola**

Viola AMEB 8th Grade; piano AMEB 7th Grade; chamber music trio member, charity concert musician.

## **COMMUNITY SERVICE**

### **Local Community Service**

St Catherine's Aged Care weekly with severely disabled; Lentil As Anything non-profit charity restaurant; Junior School Writer's Club mentoring.

## **THEATRE / DRAMA**

### **House Drama Captain, Playwright and Publicist**

School Performing Arts Festival; Proficiency and Publicity award; cast. Wrote, directed organised rehearsals, lighting/sound for school play.

## **ATHLETICS CLUB**

### **Badminton**

Badminton for leisure and fitness; weekly classes; competed in Girls Sports Victoria; played interschool competitions.

## **COMMUNITY SERVICE**

### **Volunteering with Hand Up Australia Udaipur**

Building school in rural India; interacted and taught local children; initiated planning, team building, fundraising.

# Lista de Atividades de uma admissão de sucesso em *UChicago*

## **INTERNSHIP**

### **Microbio Research Intern CHN Academy of Sciences**

Conducted experiments on the production of plant-derived chemopreventive-precursor glucoraphanin; used gene knockout and recombination techniques.

## **OTHER CLUB / ACTIVITY**

### **Co-founder and President, Transfer Student Club**

Founded Club; mentored over 5 students in acclimatization; spearheaded creation of FAQ page, guidebook and blog for students to share stories.

## **SCIENCE / MATH**

### **Captain, Math Team**

Captained team of 15 in multiple regional contests; recruited 5 new members; developed advanced training materials; top individual scorer.

## **SCIENCE / MATH**

### **Member, Science Olympiad Team**

1st place Bedford HS Annual Women in Science Comp.; led team for monthly competitions; led experiments for optic lab event; structured study guides.

## **COMMUNITY SERVICE**

### **Member, National Honors Society**

Passed selective admission; attended regular meetings; performed 20 hrs of community service per year; organized school events such as Seminar Day.

## **SCIENCE / MATH**

### **Student, Stanford Pre-Collegiate Summer Institutes**

Top performer in Discrete Math course; excelled in college level course work in cryptography, programming, algorithms, number and graph theory.

## **MUSIC INSTRUMENTAL**

### **Violinist**

Played violin and attended weekly lessons since age 10; performed in school orchestra.

## **COMPUTER / TECHNOLOGY**

### **Member, Robotics Team**

Self-taught C language and programmed robot; constricted robot; performed tests; competed in regional Botball competition.

## **COMMUNITY SERVICE**

### **Member, Key Club**

Attended weekly meetings; performed 30 hrs of community service per year; helped events such as town musical, lunch for the homeless, and book sale.

## **WORK**

### **Private Chinese Tutor**

Tutored 7 year old in Chinese; taught basic reading, listening, speaking and writing; derived lesson plans and homework; shared cultural activities.

# Lista de atividades de uma admissão de sucesso em *Dartmouth, University of Michigan Ann Arbor, Tufts e Northeastern University*

## **COMMUNITY SERVICE**

### **President, Best Buddies International (WY Chapter)**

Spearheaded music therapy initiative; raised \$3000 for therapy for students w/ disabilities; facilitated and developed 100+ mentor-buddy relationships.

## **MUSIC INSTRUMENTAL**

### **Violinist, Chicago Youth Symphony Orchestra**

Selected through rigorous audition process; prestigious Chicagoland youth orchestra; 14+ free community concerts for public schools; weekly rehearsals.

## **SCHOOL SPIRIT**

### **President, WY Freshmen Mentors**

Organized annual freshman orientation (500+ new students) and BBQ; coordinated team-building activities; paired new students to peer advisers.

## **ATHLETICS CLUB**

### **Gymnastics, Captain, IK Gymnastics Chicago**

Ranked Top 50 '16 '17 USA Gymnastics Men's Trampoline; led practices of 15+ athletes; coordinated team travel and timetables at competitions.

## **COMMUNITY SERVICE**

### **ESL Tutor, Heartland Alliance Human Care**

Taught advanced ESL to adult learners; weekly classes; only high school aged volunteer; 100+ hours of tutoring.

## **COMMUNITY SERVICE**

### **President, NJHS (WY Chapter)**

Coordinated service opportunities for 200+ students at school and in local community; fundraised over \$2000 for Chicagoland charities.

## **COMMUNITY SERVICE**

### **Junior Exec. Board Officer, Misericordia Home**

Social media chair for springtime fundraiser; 150+ hours of service; organized teen outreach camp for prospective residents.

## **WORK**

### **Gymnastics Coach, IK Gymnastics**

Progressed from assistant coach to coaching own recreational classes; part-time job.

## **ACADEMIC**

### **Student, Yale Young Global Scholars**

Studied Frontiers of Science and Technology; advanced topics in gene editing and public health; final group presentation on food insecurity.

## **ATHLETICS - JV / VARSITY**

### **Sailing, Founding Member, WY Varsity Sailing Team**

1 of 15 initial team members; organized transportation to practice on Lake Michigan; fundraised gear and startup costs.

# Lista de atividades de um candidato de arte/teatro/música que foi admitido em algumas das melhores faculdades de artes liberais: *Oberlin College, Grinnell College e Kenyon College*

## **THEATRE / DRAMA**

### **Benvinda Drama Group, Member**

Group dynamics, improv/voice/body training.  
Studied makeup, hair, script writing, and performance techniques (e.g. viewpoints, masks, storytelling).

## **THEATRE / DRAMA**

### **Connections, Royal National Theatre of London**

Selected to intl. network of dramatists and actors; attended workshops; performed in theater festivals (including Brazil Connections Festival '18).

## **THEATRE / DRAMA**

### **Musical Theater Group, Member**

Vocal coaching, backstage, jazz/tap/contemporary dance training, and acting w/ former Broadway actors. Restaged musicals in Off-Broadway theaters.

## **SOCIAL JUSTICE**

### **Coletivo Maria Quitéria, President and Co-founder**

1st Feminist Collective of 150-yr Catholic school; started with student debates to 10 girls; did lectures to 200+ people, video with over 17k views.

## **CULTURAL**

### **Brazilian Leadership Bootcamp, Participant**

Selected among 150+ applicants to participate in immersive leadership and social innovation development program; co-founded the non-profit Pont.E.

## **DEBATE / SPEECH**

### **Model UN Delegate, Secretary, and Chair**

City, State, National conferences. Became the School's MUN Security Council  
Director and Secretary-General: organised conference for 235 participants.

## **STUDENT GOVT. / POLITICS**

### **Student Council, Senior Year Representative**

Had weekly meetings with the School Board; defended projects at Assembly of Representatives from all grades, then presented to school admin.

## **STUDENT GOVT. / POLITICS**

### **Political Commission, Founder and Spokeswoman**

Organized presidential debate simulations, moderated controversial topics and workshops to 100+ students (jrs/srs), hosted university professors..

## **COMMUNITY SERVICE**

### **Fraternity Experience Program, Charity Outreach**

Worked at daycares, asylums, refugee centers. Planned weekly activities for 20+ volunteers; fundraised; organized child protection projects.

## **COMMUNITY SERVICE**

### **Volunteers' Association of Hospital das Clínicas**

Responsible for weekly interventions at the pediatric ward, ICU, and CCU. Organized games/exercises that were carried out by 20+ other volunteers.



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