



Current Activities Assessment Tool

Get your activities in line with your college goals! Use our **Current Activities Guide** for a step by step plan, then use our Current Activities Assessment to see where you can improve.

Current Activities Assessment Guide

Admissions officers want concrete examples of 7 Core Attributes what we call “The 7 C’s”:

1. **Challenge** - growth as a result of challenge or hardship
2. **Creativity** - initiative
3. **Curiosity** - a seeking nature, contributing to intellectual development
4. **Character** - generous and ethical
5. **Commitment** - demonstrated interest in and dedication to what you find important
6. **Collaboration** - ability to work with and lead others
7. **Cultural Intelligence** - ability to work with people from diverse backgrounds

1: What are your interests? Research how these will connect to your college major and future career

If you haven’t already done this work, use our list of [Interest Exploration Tools](#) to guide you.

2: Assess your current activities

Write down your current activities: competitions, school clubs, community organizations, internships everything you’re currently doing. You’re going to need this for the “Activities” sections of your college applications anyway. You might as well get a head start!

3: Compare what you *want* to do with what you *are* doing -- is there a match?

Think about which activities are relevant to your future major and career, and which aren’t. Does the mix of all of your activities demonstrate the 7 Core Attributes? Use our **Current Activities Assessment** below to help you do this exploration.

4: Haven’t covered all 7 C’s in your activity list? Then....

You’re doing too many things because you think “colleges will be impressed” and not because you’re actually interested in or committed to them.

If you can’t find activities that lead to your future, it’s time to get creative -- there’s probably someone, somewhere who’s doing what you want to do! Go find them!

Or, invent your own organization or activity -- that demonstrates **all 7** of the 7 Core Attributes, all at once! What’s an issue you care about? What can you do about it as an individual, at your school, or in your community? Go make it happen!

Current Activities Assessment

Take this assessment to see how relevant your current activities are:

1. Divide your current activities into those that are relevant and those that are irrelevant to your ideal life and career.
2. Indicate the skills and knowledge in each Relevant Activity that you would use in your ideal career.
3. Indicate which of the 7 Core Attributes (The 7 C's) are shown by this activity, and how.
4. Your time is limited. Use the Brainstorm column to think about activities to add or drop from your schedule.

Relevant Activities	Skills and Knowledge From This Activity Relevant to Ideal Life and Career?	Core Attributes Demonstrated by Activity?

Irrelevant Activities	Potential Activity Brainstorm

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