

## Sketch: Extracurricular Activities

Sometimes it is confusing as to what to include in the extracurricular activities section versus the volunteer section, but there is no right or wrong way to include your activities. It is up to you to decide.

You may need to strategize what activities go in what categories for your top 3 choices for Ottawa, OR, you can consider any on-campus/school-related clubs or activities to be extracurricular, and any community organized activities to be volunteer. Whatever works for you and your application.

To help you determine what to include under extracurricular activities, here are some suggestions:

Include details about engineering design projects, an undergraduate thesis, any significant course work or projects. Projects done as part of a university course do not qualify as research. We don't recommend including this type of detail in the "other" category as there is a limit of 48 characters to describe the details and also Ottawa won't review the "other" category until the interview stage.

List your sports accomplishments or highlights here. Separate varsity and provincial and intermural activities if that is helpful to you. In the instructions provided by OMSAS they state "For sports activities, indicate the level at which you performed: rec, varsity, intramural, provincial, national or international," so it is alright to describe your activity and incorporate that info in this section

If you have done substantial shadowing with any type of health care professional include it in this section.

This is a screen shot of the category: Extracurricular activities

The top block is populated from the top layer of the sketch and a verifier is needed.

Include the Level of Education you had while completing this extracurricular activity.

Include the total number of hours and **number of years**.

Add in whether you held this position in the Summer or Academic year.

For the Type of activity/level of performance, the instructions state to indicate whether it was an individual, team or club activity. For sports activities indicate at which level you performed.

As a note, start with an action verb when describing your activity.

Here are some other examples of how you could explain your points under the "type of activity" section.

Here is a good example of either a volunteer or extracurricular activity.

There is a lot of information in this 149 character write-up.

This is a screen shot of the Extracurricular activities category.

This activity could be listed in either the volunteer or extracurricular activities sections depending on your strategy to highlight your top 3 for Ottawa.

The top block is populated from the top layer of the sketch and a verifier is needed.

Include the Level of Education you had while completing this extracurricular activity.

Include the total number of hours and **number of years**.

Add in whether you held this position in the Summer or Academic year.

Read through the example provided to see how much detailed information you can get into this section.