

# Harvest - College Counseling

## College Admissions Resume

Resumés aren't just for jobs and internships. In many cases, you will need one for your college applications as well. Why? It's a short 1-2 page summary of your accomplishments, abilities, and interests. It's a quick and easy way for college admissions officers to see what you've done during high school and what you'll add to their college.

### Detailed Breakdown of Sections in a College Application Resumé

#### Heading

includes full name, social security number, address, city, state, zip code, telephone number, and email address

#### Academic Profile

all high schools you attended -city and state of each high school -dates you attended them -class rank -SAT / ACT scores -Honors / AP / IB courses (optional)

#### Curricular Activities, Extracurricular Activities, and Work / Volunteer Experience

each activity, positions held, grades in which you were involved -specific contributions, duties, and recognition in each activity -number of hours involved per week

#### Summer Programs

short description of each -month and year attended

#### Honors / Awards

short description of each -month and year you won it -why you won it

#### Hobbies / Interests / Travel

separate category for each -items that are honest AND make you look good

### SAMPLE RESUME

#### Anita C. Scholarship

1234 College Lane  
University, Alabama 22366  
Home Phone (205) 236-7778  
Cell Phone (205) 245-6665  
E-mail: anita@hotmail.com

**Education** Harvest Community High School, 2360 St. Johns Bluff Rd. S, Suite 1, Jax, FL 32256

**Graduation Date** May 14, 2011

**GPA** 3.91

**Test Scores ACT / April 2010** – Composite 28 (English-31, Math-27, Reading 23, Science 29)

**SAT I / April 2010** – Verbal 530, Math 610

**Academic National Honor Society** (10th-12th)

**Achievements/ Birmingham News All-State Academic Team** (11th & 12th)

**Awards Torch Invitational 2nd Place World History Winner** (11th)

**Mu Alpha Theta Honor Society** (11th-12th)

Vice President (12th)

Food Closet Drive (11th-12th)

**Beta Club** (11th-12th)

**Harvest Student of the Month** (12th)

**Chemistry Merit Award** (11th)

**Athletic High School Basketball Team** (9th-12th)

**Achievements** -Team Co-Captain (10th-11th)

**Awards** - Team Captain (12th)

All Area Tournament Team Most Valuable Player (12<sup>th</sup>)

All County Tournament Team Most Valuable Player (11th)

**Harvest High School Baseball Team** (10th-12th)

Pitcher (11th-12th)

All County Tournament Most Valuable Player (12<sup>th</sup>)

**Wendy's High School Heisman Finalist** (12th)

**Birmingham Post Herald Scholar Athlete** (11th-12th)

**Activities/** - Treasurer (10<sup>th</sup>)

**Leadership** - Secretary (11<sup>th</sup>)

President (12<sup>th</sup>)

Adopt a Stream (9<sup>th</sup>-12<sup>th</sup>)

Teddy Bear Drive (10<sup>th</sup>-11<sup>th</sup>)

Habitat for Humanity (12<sup>th</sup>)

**Senior Class Favorite** (12<sup>th</sup>)

**Student Council** (10<sup>th</sup>-12<sup>th</sup>)

President (12<sup>th</sup>)  
President Elect (11<sup>th</sup>)  
Activities Director (10<sup>th</sup>)  
Special Olympics Helper (10<sup>th</sup>-12<sup>th</sup>)  
Angel Tree Project Chairman (10<sup>th</sup>-12<sup>th</sup>)

**AMICI Peer Helper Organization** (10<sup>th</sup>-12<sup>th</sup>)  
Big Brother/Big Sister Mentoring (10<sup>th</sup>-12<sup>th</sup>) / 20 hours a month

**Community Member of First Baptist Church** (9<sup>th</sup>-12<sup>th</sup>)

**Activities** - Youth Chapel and Bible Study Musician (10<sup>th</sup>-12<sup>th</sup>)  
Operation Christmas Child Shoe Box Project (10<sup>th</sup>-12<sup>th</sup>)  
**Toys for Tots Helper** (9<sup>th</sup>-12<sup>th</sup>)

**Walker County Humane Society Volunteer** (11<sup>th</sup>) / 8 hours a month

**Work Landscape Jasper, Alabama May 2008-August 2009**

**Experience** - Prepared, designed and planted flower beds and shrubbery  
Installed sprinkler and drainage systems

**Jacks Jasper, Alabama May 2006-August 2007**

Worked Cash Register  
Greeted Customers

**My goal is to** major in Landscape Design and start my own landscaping business