

Involvement in School Activities Worksheet – International Student Entrance Award

The **International Student Entrance Award** supports international students who have been actively involved in their schools and who are positioned to be engaged members of the Capilano University community. International students who have applied for admission to a Capilano University program commencing in the 2024/2025 academic year should complete this worksheet.

To be considered for these awards:

- [apply](#) to CapU;
- fill out the online Entrance Awards application through your [myCapU Account](#); and,
- complete this worksheet. Ensure all of your text fits within the provided text box (625 character limit).

Submit your worksheet by email to finaid@capilanou.ca (in PDF format).

The deadline to apply for entrance awards and submit your worksheet is March 31, 2024.

Many different types of pursuits may be considered involvement in school initiatives and activities. Use this worksheet to outline the relevant activities you regularly volunteer or participate in at your school. For example: school clubs, tutoring, mentoring, volunteering, coaching, playing on a sports team, etc. Indicate the date you began (and completed, if applicable) the activity, the total number of hours involved to date, if you were motivated to participate in the activity by a scholastic requirement or your personal interest, and your role in the activity.

Complete this worksheet electronically. Complete and sign additional pages as needed to record all of your activities.

Name/type of activity	Details about the activity, your specific role, the results of your participation, your motivation to participate, the leadership goals you achieved, etc.	Dates (mm/yyyy)		Total Hours
		Start	End	
<i>Example</i> <i>I am a member of the World Changers Club at my school</i>	<i>Example</i> • <i>The World Changers Club is part of the Free the Children’s We Create Change campaign. We do activities to collect money to help build schools in developing communities overseas. I helped at the “Buy a brick, build a school” initiative by helping build a paper schoolhouse display in the front lobby of the school and encouraged class mates to buy a paper brick</i>	<i>Example</i> <i>01/2021</i>	<i>Example</i> <i>(present)</i>	<i>Example</i> <i>160 hrs. (average 2 hrs per week, for 10 months a year, over 2 years)</i>

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Complete additional pages as needed

Applicant Declaration

I understand that this worksheet forms part of my application for 2024/2025 Entrance Awards at Capilano University. As such, the applicant statement I agreed to via the 2024/2025 online entrance award application is in effect for this Worksheet.

 APPLICANT SIGNATURE

 DATE

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 capilanou.ca/entrance-awards
 finaid@capilanou.ca*

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