



UNIVERSITY
HIGH SCHOOL

Quick Start Guide

Examples of Creativity, Activity and Service

Creativity Examples

- **School Play/Musical** (as long as it's not part of the student's IB Diploma Program)
- **Summer Science Camp/Youth Science Center** (teaching younger students in Early Enriched Learning classes)
- **Starting your own non-profit organization**
- **Yearbook** (creating page layout and design for the most important and high-profile publication of the year)
- **Dance Class/Recitals** (students are involved in a variety of dance classes and recital performances)
- **Model United Nations** (involvement requires a lot of research, debate, speech-writing and giving speeches)
- **Teaching in a foreign country** (one of our students traveled to Indonesia and taught young school children)
- **Mock Trial** (through trial simulations in competition with teams from other schools, students develop critical thinking and public speaking skills)
- **Debate** (students compete with other schools in giving speeches, formal debate, and extemporaneous speaking)
- **Learning and/or teaching a musical instrument**
- **Community Parade Float Decoration** (students volunteer to decorate various parade floats)
- **Tutoring**
- **Cougar Cast-Offs** (knitting club for charity)
- **ASL Club** (volunteer with the American Sign Language Club/teach others sign language)
- **Orlando Shakespeare Festival** (volunteer for one of the plays)
- **Art club** (teach an art class or paint a mural for charity)
- **NHS Publicity** (publicizes service activities for our school's chapter of the National Honor Society)
- **Choir** (not part of the student's IB Diploma Program)

****Some experiences fall under more than one category**

Activity Examples

- **AIDS Walk** (AIDS walk to promote awareness and raise money for AIDS research)
- **MS Walk** (walk to raise money for a cure for Multiple Sclerosis)
- **Dance Class/Recitals** (students are involved in a variety of dance classes and recital performances requiring physical exertion)
- **Beach Cleanup**
- **University High Athletics:** Basketball, Golf, Water Polo, Swimming, Track, Cross Country, Tennis, etc.
- **Swim Instructor** (volunteer work to help children ages 6-14 learn how to swim)
- **American Cancer Society 5k**
- **Relay for Life** (event to raise money for the American Cancer Society)
- **Habitat for Humanity** (seeks to eliminate poverty housing and homelessness from the world and to make decent shelter a matter of conscience and action)
- **Basketball Referee** (volunteer to referee AAU or any other league)
- **Recycling** (collecting aluminum, plastic, and paper goods and transporting them to a reclamation center)
- **Clean-Up UHS** (organize a group to clean-up the campus)
- **Soccer Coach**
- **Bootcamp class**
- **Crossfit**
- **Triathlon**
- **Cougars on the Run 5k**
- **Walking Club**
- **Hoopng**
- **Yoga**

****Some experiences fall under more than one category**

Service Examples

- **School Play/Musical**
- **Tutoring** (must be in a structured environment with an appropriate adult supervisor)
- **Volunteering in a doctor's office** (usually the student must be at least 16 years old)
- **Starting your own non-profit organization**
- **Working in a homeless shelter or soup kitchen** (must be in a structured environment with an appropriate adult supervisor)
- **Invisible Children** (motivated by the unseen war in Northern Uganda)
- **Volunteering at a retirement or convalescent home**
- **Beach Cleanup**
- **Teaching in a foreign country**
- **Planting trees**
- **Red Cross**
- **Blood Drive**
- **Swim Instructor** (volunteer work to help children ages 6-14 learn how to swim)
- **Officer in a school club** (student must be active in planning, organizing, and publicizing service projects)
- **Holiday Basket: Canned Food Drive** (school clubs participate at local canned food drives during the holidays)
- **Ronald McDonald House**
- **Relay for Life** (event to raise money for the American Cancer Society)
- **Trash Pickup** (on weekends school clubs joined forces to pick up trash on campus)
- **Habitat for Humanity** (seeks to eliminate poverty housing and homelessness from the world and to make decent shelter a matter of conscience and action)
- **Basketball Referee**
- **Barnes & Noble Christmas Gift Wrapping** (volunteers wrap books for customers at Barnes & Noble for free during the holidays)
- **Pet Rescues** (volunteer at a pet rescue)
- **Human Society** (volunteer to walk dogs and care for animals)
- **Recycling** (collecting aluminum, plastic, and paper goods and transporting them to a reclamation center)
- **Best Buddies** (Best Buddies is a nonprofit organization dedicated to enhancing the lives of people with intellectual disabilities by providing opportunities for one-to-one friendships and integrated employment)
- **Teaching a musical instrument** (activity must be in a structured environment with an appropriate adult supervisor)

****Some experiences fall under more than one category**