



UCU Activities Form

Name

Student number

University College Utrecht is committed to welcoming students from different backgrounds as every student contributes to the diverse and international community that characterises our institution.

We would like to better understand what you are involved in outside of class to learn about what you are passionate about and to see how you are engaged in the world around you. Some students participate in organisations within their schools or in their community, some work part-time jobs or volunteer, and others have family or personal responsibilities. Any and every type of activity or commitment can be listed in this form (see page 2). The UCU activities form collects information about your most meaningful activities, responsibilities, and hobbies.

Optional: Some family or personal responsibilities can require a significant commitment of time and effort. If these responsibilities are a significant part of your life, you are encouraged to include them in the designated area of this form (see page 3).

Instructions:

1. Save the activities form to your computer.
2. Open the document in Adobe Reader (free to download).
3. Fill in the form and save the completed document.
4. Upload the completed document to your application in the 'Activities' upload section.

Continue to the next page(s) to fill in the form.

ACTIVITIES

Activities, hobbies and responsibilities can all be listed here. In your descriptions, be sure to include:

- When and how often you participated in the activity;
- A brief description about the activity and why it is meaningful to you.

It is not required to fill every row. Please do not enter more than three of your most significant or meaningful activities. If you have significant family or personal responsibilities, please consider listing these in the space provided under the "Family and personal responsibilities" section of the form (page 3).

Activity	Description (max. 3-4 sentences per activity)

FAMILY OR PERSONAL RESPONSIBILITIES

Family responsibilities come in many forms and can be permanent or temporary. These are often different from chores in that you are meeting an important need for your family as opposed to simply lending a hand. Examples might include taking care of siblings, grandparents, or other family members or working to provide household income for several hours every week.

Understanding these responsibilities is essential to understanding who you are as a person. Knowing more about your responsibilities at home also helps them put your academic and extracurricular record into context.

In addition to listing your family responsibilities in the Activities section, you may also wish to share more details below.

Responsibility	Description