* Categorize any activities and experiences you have engaged in since graduating high school below.
* Do not list an activity/experience in more than one category. *EXCEPTIONS*:
  + An activity/experience may be listed in both Healthcare Activities and Employment if it was a paid position and fits under BOTH Healthcare Activities and Employment.
  + Any activity that results in a leadership role may be entered in both categories.
  + If you have activities in more than one section, the descriptions should highlight the aspects of the experience, and not be identical. Example from TMDSAS: “As a scribe, discuss the employment aspect of that activity in the corresponding section, while the Healthcare section may see more information about the experiences and doctors you may have worked it.”
* It is not required that you use all categories.
* Stay within the maximum character count (including spaces) indicated for activity descriptions.
* Please refer to the Activities & Experiences Instructions for details about each category. Current activities include everything until October 2024. Planned Activities are November 2024-Activity End Date in 2025. (Planned Activity hours can be estimated.)
* If you currently participate in activities that you plan to continue beyond the application deadline, you should enter these activities as **both Current and Planned Activities** using the date breakdowns shown above to show your activity is continuous.
* There is no limit to the number of activities/experiences you may include in TMDSAS, but avoid fluff.

**Academic Recognition**

* **Award Title** – Date Received; City, Country, State; [Description – 300 characters maximum]

**Non-Academic Recognition**

* **Award Title** – Date Received; City, Country, State; [Description – 300 characters maximum]

**Leadership**

* **Role/Title** – Organization; Start Date- End Date; City, Country, State; [Description – 500 characters maximum]

**Employment**

* **Title** – Employer; Start Date- End Date; City, State, Country; Hours per week: - [Description – 300 characters maximum]

**Research Activities**

* **Role/Title** – Organization; Start Date- End Date; City, State, Country; Hours per week: –; Cumulative Hours: -;[Description of research – 500 characters maximum]
  + If Resulted in Publication, abstracts, presentations or posters, cite or share dates of presentation (500 characters):

**Healthcare Activities**

* **Role/Title** – Organization; Start Date- End Date; City, State, Country; Hours per week: –; Cumulative Hours: - [Description – 500 characters maximum]

**Community Engagement**

* **Role/Title** – Organization – Start Date- End Date; City, State, Country; Hours per week: - ; Cumulative Hours: - [Description – 500 characters maximum]

**Extracurricular and Leisure Activities**

* **Activity** – Start Date- End Date; City, State, Country; Hours per Month: - ; Cumulative Hours: - [Description – 500 characters maximum]

**Top Meaningful Activities (list 3)**

* **Activity Name** – Organization; Date: [Description – 500 characters maximum]
* **Activity Name** – Organization; Date: [Description – 500 characters maximum]
* **Activity Name** – Organization; Date: [Description – 500 characters maximum]

**Planned Activities (future activities between November 2024 and August 2025)**

* **Activity Type** – City, State, Country; Projected Start Date- End Date; Projected Cumulative Hours: [Description – 500 characters maximum]