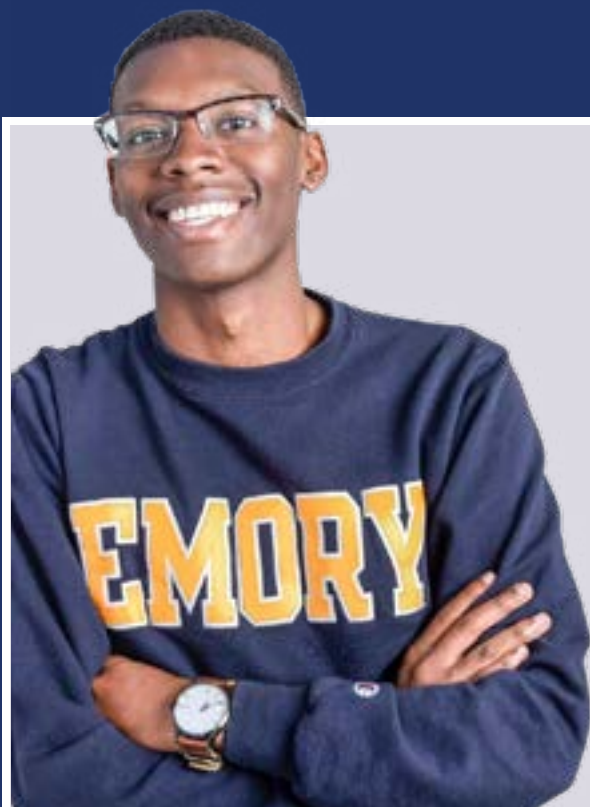


LEADs

EXPERIENCE

College Admission Guidebooks



Leadership

(noun): the action of leading a group of people or an organization; the ability to influence, guide, and motivate others

by Timothy Fields, Senior Associate Dean of Admission





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EMORY UNIVERSITY OVERVIEW

Emory University is a nationally ranked, mid-sized, liberal arts and research university in the progressive and global city of Atlanta. At Emory, student success is the priority for us; this is why faculty at our four undergraduate colleges serve as academic advisers, classmates engage as peer mentors, and staff create tailored 1:1 or group programming.

Resources for First-Gen and Low-Income Students

Emory University has been recognized as an institution of higher education with a demonstrated commitment to improving experiences and advancing outcomes of first-gen college students. We uplift, support, and celebrate our first-gen students at Emory.

Flourish at Emory

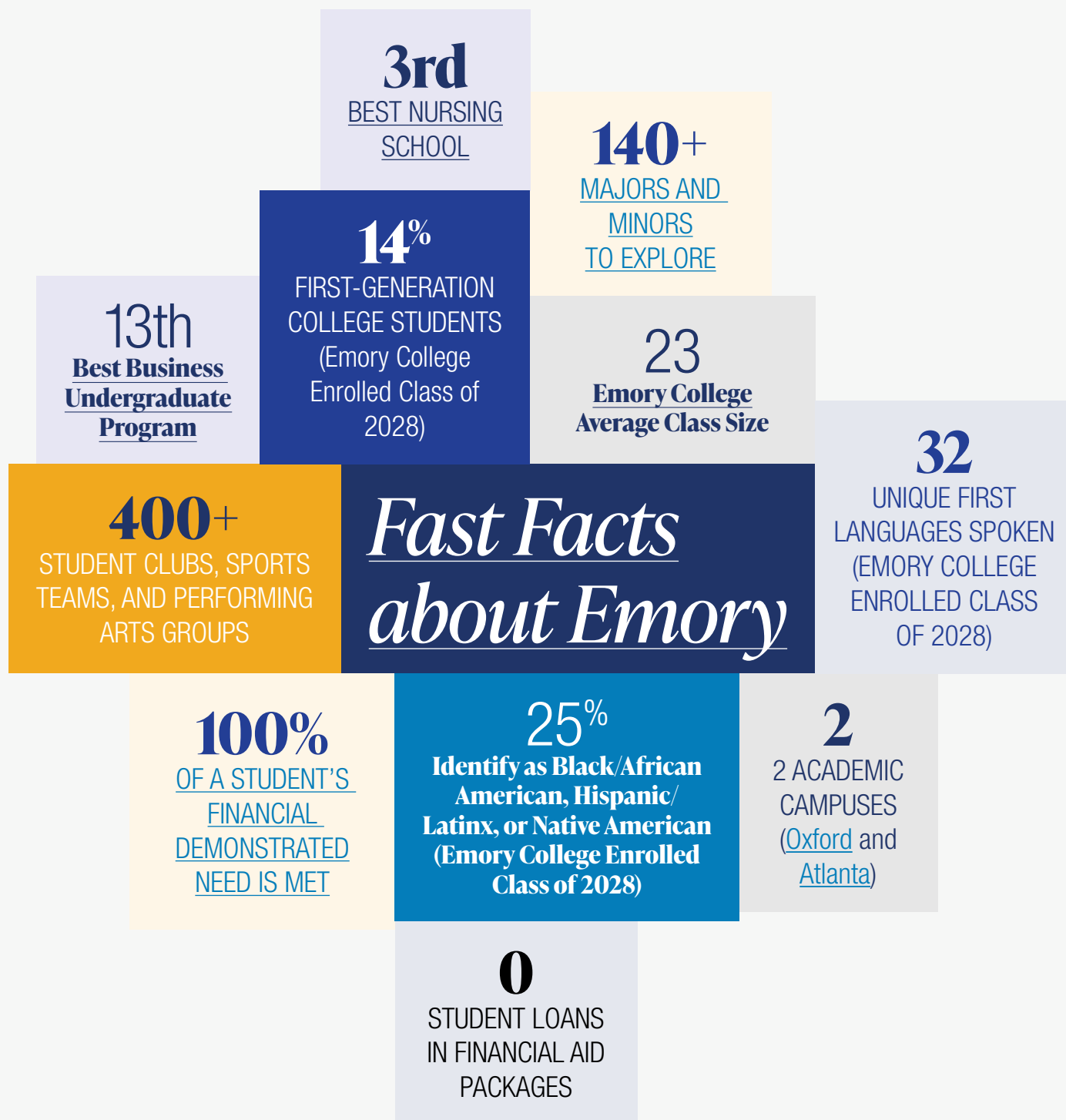
Emory University offers a dynamic and inspiring community where students thrive in every aspect of their lives. From challenging academics and meaningful community involvement to prioritizing wellbeing, Emory speaks growth and discovery. With a strong focus on shaping future leaders, the university empowers students to find purpose and make a lasting impact in the world—creating an exciting journey of transformation and success.

Atlanta

Atlanta is the business, technology, entertainment, and health care center of the Southeast, giving you many ways to gain experience and have fun. Atlanta's vitality comes from its varied neighborhoods—each with its own vibe and sensibilities. Atlanta is also home to the world's busiest airport—good for getting to break destinations or to that out-of-town internship. In addition, Atlanta is also top-ranked for internships, places to start a career, being dog-friendly, and having one of the largest populations of college students.



EMORY UNIVERSITY OVERVIEW, CONTINUED



LEADs EXPERIENCE OVERVIEW

The [Emory Leadership, Enrichment, Advocacy, and Discovery \(LEADs\) Experience](#) offers resources to support high school seniors as they begin the college application process and explore their leadership potential beyond the classroom.

LEADs is designed to support the recruitment of talented, high-achieving high school seniors who are either first-generation college students and/or from a rural or lower socioeconomic background, and/or students who do not have the means to visit campus.

Why? So you can navigate the college application process feeling **emboldened in the power of knowledge** and the informed choices you make.

The purpose of our hybrid fall program is to motivate you to:



Learn more about yourself



Develop your leadership potential



Further solidify your confidence in the college application process



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LEADs EXPERIENCE OVERVIEW, CONTINUED

Meet the LEADs Experience Team



Timothy Fields is a college admission veteran and bestselling author who has spent the past 25 years working in various areas of higher education that has included student affairs, residential life, athletics, and Federal TRiO programs. The bulk of his professional career has been spent in enrollment management at Emory University where he currently serves as the Senior Associate Dean in Undergraduate Admission.

LEADs EXPERIENCE OVERVIEW, CONTINUED

Key Pillars

The Emory LEADs Experience has four foundational pillars: Leadership, Enrichment, Advocacy, and Discovery.

4 KEY PILLARS



Ability to influence, guide, and motivate others

Students will understand how to highlight their existing leadership qualities.

Enrichment

Encouragement to pursue wider goals

Students will participate in programming to build their confidence and avoid undermatching.



Advocacy

Speaking up for oneself; Making informed decisions

Students will learn how to confidently navigate the college application process and express any concerns or doubts about it along the way.



Finding, learning, or uncovering something new

Discovery

Students will connect with the Emory community to help develop their own sense of direction in the college application process and beyond.



LEADs EXPERIENCE OVERVIEW, CONTINUED

Impact Statement

College should be an option for every one, regardless of socioeconomic and/or racial/ethnic backgrounds. Central to going to college is receiving a good education and having access to information. It's for this reason that the Emory LEADs Experience team created these College Admission Guidebooks. **Their purpose is to ensure any student that wants access to higher education has the information not only to apply, but also be successful in the college admissions process.**

First-gen college students, low-income students, and students of a racial or ethnic minority group are historically missing from college campuses, corporate board rooms, and spaces that are deciding the world's future. We want you in those spaces and know that college is central to that, and we want to support you on your journey as you begin to explore your post-secondary options.



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7.3 million

Undergraduates attend four-year public and private colleges and universities in the U.S.

20% are
first-generation
students

Of all first-generation college students in the U.S.

50%

**are from low-income families,
and historically more likely
to be a member of a racial or
ethnic minority group.**



LEADs EXPERIENCE OVERVIEW, CONTINUED

Using This Guidebook

The purpose of our *College Admission Guidebooks* is to facilitate the navigation of the college application process for all students. It is divided into four individual sections with the understanding that each of you arrive at the college admission process with different needs and concerns.

While created with the intention for students to begin with Leadership and end with Discovery, you can jump around and explore the sections that will best support your needs. We encourage you to familiarize yourself with the topics in every section by reviewing the table of contents. You can then search for keywords, jump between topics, or read each section from cover to cover. The journey is yours! [Please click here](#) to access the Enrichment, Advocacy, and Discovery sections.



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The Leadership section discusses topics to help you recognize yourself as a leader. You will:



Learn how to further establish your role as a leader in communities



Understand the impact of Emory University faculty and staff leaders



Learn application tips



Find out how to share and write about your extracurricular activities



LEADs EXPERIENCE OVERVIEW, CONTINUED



From Tim

Colleges and universities seek to admit current student leaders and those with the potential to further develop their leadership skills. Being a leader in your school, community, neighborhood, household, or classroom are all valuable experiences. As the next generation of world leaders, it's important that you see yourself as someone with the potential to succeed, to achieve the goals you have now and the dreams you have yet to identify.

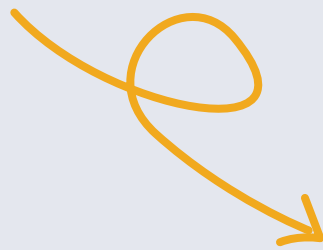
The way you treat yourself and engage with others directly impacts the type of leader you are. Make sure to prioritize time for self-reflection and further self-awareness so you can identify your goals and the ways you can help others achieve their goals. In addition, treat others with respect, empathy, and kindness when communicating and sharing your vision. It's never too early to further develop your leadership skills so that you can succeed in high school, college, and beyond.



LEADERSHIP QUALITIES

Some students, including those who identify as first-generation college or low-income students, may struggle with seeing themselves as leaders, especially if they believe leaders need an official title to be recognized. Our Office of Undergraduate Admission believes that you can be a leader without having an official leadership title or without belonging to a specific organization. For example, if you are from a single-parent household and work part time to contribute to household expenses, we recognize your resilience and need to work as a means to survive. You are making a meaningful impact in your family and are a leader in your household.

You are a leader in the classroom when you:



Answer a question or go to the whiteboard to solve a problem in front of the class

Share your perspective even if it may be different from the popular opinion

Help explain a difficult concept to your classmate

Suggest a blog, podcast, or book that might be relevant to the class material



LEADERSHIP QUALITIES, CONTINUED

You are a leader in student organizations and clubs when you:



Inspire opportunities for collaboration and trust

Encourage others with enthusiasm and excitement

Ideate and innovate new workshops, activities, or programs

Create a safe space for others with care and concern

You are a leader in your school, local community, or household when you:



Spearhead new initiatives, school policies, or changes

Engage in storytelling, community gathering, and activism

Care for your siblings, cousins, or family including helping them with homework and getting settled for the evening

Volunteer or give back through community service

Make an impact through research and innovation

Arrive on time, pay attention, and stay committed to your work/part-time job

Show patience and understanding by translating documents or serving as an interpreter

Create a new club, program, or community-wide, after-school activity



LEADERSHIP QUALITIES, CONTINUED

Common traits of effective leaders include empathy, prioritization, strong communication skills, and active listening. You demonstrate these traits:



When you tune into your team's thoughts and emotions

As you engage in intentional and meaningful activity such as community service and faith life

When you set goals for yourself and work on your time management skills

Every time you check your planner, to-do list, or calendar to decide what needs to get done first

Through your desire to make the world a better place

When you give a class presentation, speak at a club meeting, or present yourself through an interview

As you work in school groups and ensure all voices are heard and respected

As you relate and connect with others, both from similar and different backgrounds



Admission committees gather insight into whether an applicant demonstrates leadership traits through the letters of recommendation they receive, the activities students share in their extracurricular activities, and the voice that shines through in student essays and writing samples.

You are the next generation of leaders; institutions need YOU in their communities. Harness your role as a leader and don't be afraid to show it in your college application and further it as you explore college.



EXTRACURRICULAR ACTIVITIES

Listing extracurricular activities on a college application is an essential part of showcasing your interests, passions, involvement outside of academics, and most importantly who you are. Please note that your activities are not limited to what you do in school, but can also include your work, helping at home, engagement in your faith life or any other activities that you spend time with or are passionate about. Here are some tips to effectively present your extracurricular activities:

Be Selective: Focus on quality rather than quantity. It's better to highlight a few meaningful and significant activities where you've had a substantial impact or demonstrated growth, rather than listing numerous superficial involvements.

Demonstrate Commitment: If you've been involved in an activity for an extended period, highlight your commitment and dedication. Long-term involvement can show your passion and perseverance.

Order by Importance: List your extracurricular activities in descending order of importance or relevance to you. Place the most significant and relevant activities at the top of the list, as these are likely to capture the admission officers' attention first.

Provide Descriptions: Briefly describe each activity to provide context and explain your role and responsibilities. Be concise but informative, so admission officers understand the significance of your involvement. Use specific examples and quantifiable outcomes if possible.



EXTRACURRICULAR ACTIVITIES, CONTINUED

More tips to effectively present your extracurricular activities:

Link to Your Interests: Connect your extracurricular activities to your academic interests or intended major if possible. This demonstrates coherence in your pursuits and a genuine interest in your chosen field of study.

Diversity of Interests: If you've been involved in a variety of activities, including any hobbies or personal projects, it's great to showcase diverse interests. It can reveal your ability to balance different aspects of your life and your willingness to explore new areas.

Avoid Generic Terms:

Use specific language and avoid vague or generic terms when describing your activities. For example, instead of saying "member of a club," specify the club's name and your role.

Include Summer Activities:

If you participated in meaningful summer programs, internships, or experiences, include them in your extracurricular list. Summer activities can often be just as valuable as those during the school year.

Stay Honest and Accurate:

Don't exaggerate your involvement or roles in activities. Admission officers appreciate honesty and accuracy in your application.



RESUME HEADERS

Some institutions, scholarship applications, teacher recommendation letter requests, or college interviews may require resumes. Students can take the activities they include in their extracurricular activities to create a resume. Some common headers students might use for a resume include:

Education

Work/Volunteer Experience

Leadership and Community
Involvement

Honors and Awards

Additional Information

Keep in mind that resumes should typically be one page in length with an easy-to-read font with a size no smaller than 9pt. In addition, you should order your activities in each section from most recent to least recent. Remember to spell out any acronyms and prioritize the best activities and accomplishments to list in your resume. Lastly, save and share your resume as a PDF to ensure that formatting remains the same when you send it!



Remember! Uploading a resume to your application does not replace completing the activities page.

FACULTY SPOTLIGHT

Faculty Leaders and Their Impact in Building Leaders and Scholars in the Classroom:

Faculty at colleges and universities are leaders in their field. As a student, you will be learning from and engaging with experts. At Emory University, all faculty host office hours, which are dedicated hours during the week for students to drop in and ask questions or simply connect outside of the classroom. At Emory, more than 95 percent of classes are taught directly by faculty. They are part of your support system in college, helping you find internships, connecting you with others in the field of your interest, and supporting you at games and showcases. Faculty are the ones helping you grow as a leader and scholar both in the classroom and outside of it.



Just as your loved ones are standing behind you in proud support, your professors here at Emory are calling you forward to reach your highest purpose. We are here to give you the tools to build a better person, be a better scholar, and develop your vision of excellence both here at Emory and beyond. If I could give you one gift, it would be to see yourselves the way we see you—full of potential, forces for good, and an invaluable part of our Emory community. As I approach my 20th year here at Emory, I can say that it is truly a special place to work, play, and flourish. Good luck with your decision, and I look forward to seeing you in my courses.

—Andrew Kazama
Associate Professor
of Psychology

FACULTY SPOTLIGHT, CONTINUED



I think a leader is someone who exudes confidence and has the respect of others because of their selfless actions and their ability to make good decisions. I try to encourage my students to study abroad and the learning of other languages because the experience makes you a leader. I became a lot more confident as a person after I studied abroad in several English-speaking countries. I created a travel course called La España de las tres culturas : la judía, la árabe y la cristiana in which my students would travel to Spain so they could experience firsthand what they learned in class. In my classes, my students also do projects in which they interview native speakers and other Hispanic community members to then create a movie or produce a magazine article to promote Hispanic culture.

—Maria E. Davis
Associate Teaching Professor
in Spanish

My focus is to help all students 'see more' and do more.' They 'see more' when they learn the foundational and new concepts in ways that help them identify opportunities others do not recognize. I then actively combine the exploration of theory with a hands-on approach to teaching, which helps students learn the methods and analytical tools to make better decisions as leaders in the real world.

—Omar Rodríguez-Vilá
Professor in the Practice of Marketing;
Academic Director of Education,
Business & Society Institute



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STAFF SPOTLIGHT

Staff Leaders and Their Impact in Building Leaders in Clubs and Providing Support: Campus life and university-wide staff members are professionals at colleges and universities who are focused on helping you succeed personally, academically, professionally, socially, and mentally. At Emory University, staff members include directors such as those leading the [Office of Belonging and Community Justice](#) or [Residence Life and Housing Operations](#), advisers from the [Office of Undergraduate Education](#) or [Career and Professional Development Center](#), or counselors from [Counseling and Psychological Services](#).

Several years ago, I stumbled upon a YouTube video by Derek Sivers entitled "The First Follower." It explains leadership by exploring footage of one lone dancer transforming into a dance mob. The catalyst is the first follower. We talk a lot about initiators and leaders. However, we tend to ignore the pivotal role of the first follower, the person who decides to join and support when everyone else remains on the sidelines. The first follower makes change a real alternative. Many brilliant initiators are lost in the annals' history because they did not acquire a first follower.



As you contemplate how you will spend your time at this magnificent institution, I hope you will consider:

- 1. Dancing a little or a lot.*
- 2. Being an outstanding first follower as often as you think about being a creative initiator.*

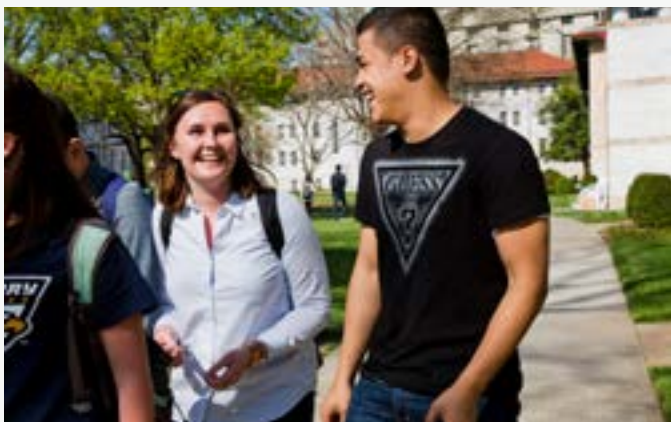
—Ed Lee III
Senior Director, Inclusivity



APPLICATION TIPS

Leadership qualities are pivotal in your college search journey. Applying for college is one of the many times that students will be stepping out on their own and charting their own path in life. This is a big step and shows a great deal of leadership. Throughout high school, students will need to display a great sense of time management, organization, and focus to complete the process. In many instances students don't even know the many ways they are serving in a leadership capacity as they help at home with younger siblings, work a part-time job while in high school, or are engaged in any number of ways outside of the classroom. **Leadership is more than a title; it is the actions you take and the impact you make within and around your community.**

Here are some ways to help students achieve their dream of opening the next chapter in their lives.



General Tips

Tips for Applying to College:

1. **Create a College Admission Email:** Create a new email account that you plan on checking daily to keep up-to-date with deadlines and important university email notifications.
2. **Start Early:** Begin preparing for college applications as early as possible. Research colleges, understand their admission requirements, and plan your standardized tests (SAT, ACT) well in advance.
3. **Create a Timeline:** Develop a clear timeline with deadlines for each college application task. This will help you stay organized and avoid last-minute rushes.

APPLICATION TIPS, CONTINUED

4. **Research Colleges Thoroughly:**

Look beyond just the reputation and rankings. Consider factors like program offerings, location, campus culture, size, and cost to find colleges that align with your goals and preferences.

5. **Maintain a Balanced College List:**

Apply to a mix of reach, match, and safety schools. Reach schools are ones where your academic credentials are lower than the average admitted student, match schools are where your credentials align with the average admitted student, and safety schools are where you exceed the average admitted student's credentials.

6. **Work on Your Essays:**

Give considerable time and thought to your personal statement and supplemental essays. These are to showcase your personality, experiences, and aspirations beyond your grades and test scores.



7. **Request Strong Recommendation Letters:**

Choose teachers, counselors, or mentors who know you well and can write compelling recommendation letters that highlight your strengths and character.

8. **Prepare for Interviews:**

If colleges offer interviews, practice your responses to common interview questions. Be genuine and confident, and demonstrate your interest in the college.

9. **Review Application Requirements Carefully:**

Double-check each college's application requirements, including test score submissions, transcripts, letters of recommendation, and application fees.



APPLICATION TIPS, CONTINUED

- 10. Proofread Everything:** Carefully review your application, essays, and other materials for any errors or typos. Attention to detail is essential.
- 11. Apply for Financial Aid:** If needed, research and apply for financial aid and scholarships. Fill out the Free Application for Federal Student Aid (FAFSA) and any other required forms.
- 12. Stay Organized:** Keep all relevant documents and information in one place, whether physically or digitally, to avoid confusion during the application process.
- 13. Seek Help if Needed:** Don't hesitate to ask for guidance from teachers, counselors, or mentors. They can provide valuable advice and support throughout the process.
- 14. Stay Positive:** The college application process can be challenging, but maintain a positive attitude. Remember that rejection from one college doesn't define your worth or potential.
- 15. Submit Applications Early:** Whenever possible, submit your applications before the deadline. Early applications may give you an advantage and show your enthusiasm for the college.



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GLOSSARY

Key Terms/Vocabulary/Terminology

Common Application. An undergraduate college admission application that applicants may use to apply to more than 1000 member colleges and universities in all 50 states and the District of Columbia and in Canada, China, Japan, and many European countries.

degree. A certificate indicating satisfactory completion of a program of study. A four-year degree is typically a BA (bachelor of arts) or a BS (bachelor of science). A graduate degree beyond a bachelor's may be an MA (master of arts) or an MS (master of science). Other degrees include a law degree (JD, or doctor of jurisprudence), a medical degree (MD, or doctor of medicine), a PhD (doctor of philosophy), and many others.

liberal arts college. A college where the emphasis of the curricula is on philosophy, literature, history, languages, and basic science.

major. A student's primary field of study.

master's degree. The degree given for completing a one- to two-year course of study beyond a bachelor's degree. Some examples: master of arts (MA), master of science (MS), master of business administration (MBA), and master of fine arts (MFA).

minor. A subject-area emphasis earned by completing a certain number of credits in an area outside a major.

private college. A college that is not supported by state taxes.

transcript. An official copy of a student's high school or college courses taken and the grades they earned.



CONNECT WITH US

Thank you for reading our *College Admission Guidebooks*. We hope the information provided was helpful as you continue your college application process. To read the other sections [please click here](#).

Ways to keep in touch with LEADs

Visit our [website](#) at or [email us](#) for more information.

Ways to keep in touch with Emory University

Emory offers both in-person and virtual visits. [Learn more about how to engage with our office](#).

