

Leadership Skills and Community and Campus Engagement Worksheet

Capilano University administers a number of entrance awards that support students who demonstrate leadership skills and engagement within their communities and schools. These awards are listed in the [Scholarships, Bursaries & Awards Guide](#) under the *Demonstrated Engagement* and *Demonstrated Leadership* categories.

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 1, 2024.

Many different types of pursuits may be considered activities that demonstrate your leadership skills and engagement with your community and campus. Use this worksheet to outline the relevant activities you regularly volunteer or participate in (e.g. clubs, tutoring, mentoring, etc.). Involvement in organized sports, such as coaching or participating as part of an athletic team, may also demonstrate leadership and provide a strong contribution to your school or community. Indicate the date you began (and completed, if applicable) the activity, the total number of hours involved to date, whether you were motivated to participate in the activity by a scholastic requirement or your personal interest, the leadership goals you achieved, 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> Western Streamkeepers Society	<i>Example</i> <ul style="list-style-type: none"> • The Society helps maintain fish habitats by keeping streams clean. My role is to help remove garbage from various creeks with pre-school aged children. My participation is resulting in cleaner fish habitats and helping young children build a better understanding of our ecosystem • I brought forward a proposal for the expansion of the society. The society endorsed and adopted my proposal, and I am leading the expansion initiatives by overseeing the activities I proposed. The activities are... 	<i>Example</i> 01/2021	<i>Example</i> (present)	<i>Example</i> 160 hrs. (average 2 hrs/week, for 10 months a year, over 2 years)

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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.

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*Financial Aid & Awards
 capilanou.ca/entrance-awards
 finaid@capilanou.ca*

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