

## **SAMPLE LANGUAGE FOR COLLEGE APPLICATIONS**

“For \_\_\_ years, I participated in the Congressional Award program, the first and only Award established by the United States Congress specifically to recognize young people for ‘Initiative, Service and Achievement.’ I earned over \_\_\_ hours in volunteerism, \_\_\_ hours in personal development, \_\_\_ hours in physical fitness, and a cumulative seven days in overnight exploration. Through these efforts, I earned a Gold Medal from Congress, which was presented to me in Washington D.C. in 20\_\_\_ by my Congressperson.”

## **SAMPLE LANGUAGE FOR RÉSUMÉS**

“As a high school/college student, I contributed over 800 hours to the Congressional Award program, the first and only Award established by the United States Congress specifically to recognize young people for ‘Initiative, Service and Achievement.’ These goals were centered on volunteerism, physical fitness, personal development, and exploration of a new culture. The time I spent earning this Award helped me learn interpersonal skills, time management, and goal achievement. Through this program, I earned Bronze, Silver, and Gold level Certificates and Medals from Congress.”