

PLAN YOUR FUTURE

WITH



GREAT NEWS!

Your participation in Fuel Up to Play 60 has given you the opportunity to strengthen your teamwork, project planning, and public speaking skills, all of which will help you make plans for the future!

Use your Fuel Up to Play 60 experience to enhance:

YOUR RESUME



JOB APPLICATIONS



INTERVIEWS



COLLEGE APPLICATIONS



SCHOLARSHIP APPLICATIONS



RESUME CONTENT

Are you developing a resume to apply for a job or supplement a college application? Use these examples to reflect on your qualifications. Then, adapt them to describe and showcase the skills you acquired through your participation in Fuel Up to Play 60.

For Example:

- Took an active role in implementing Fuel Up to Play 60 at my school and/or in my community.
- Honed communication skills through the creation of print materials, presentations, and conversations and actively promoted sustainable health and wellness changes in my school and my community.
- Led health and wellness initiatives in my school through active involvement in the planning, promoting, and implementation stages.
- Motivated students to eat healthy and get active by creating and promoting engaging activities that encouraged a healthy lifestyle.

COLLEGE AND SCHOLARSHIP APPLICATIONS

Are you in the process of completing college and scholarship applications? Use these examples to reflect on your experience. Then, adapt them to highlight your Fuel Up to Play 60 experience.

For Example:



DESCRIBE HOW YOU HAVE DEMONSTRATED LEADERSHIP IN/OUT OF SCHOOL.

Fuel Up to Play 60 provided many opportunities for me to develop my skills as a student leader and I learned a great deal about teamwork. There are many different people needed to start a program or an initiative in a school and it is important to communicate with all of these people. While working with my peers, my Program Advisor, and school administrators, I worked to ensure everyone had an equal opportunity to contribute, maintained excellent communication among the students and the adults, and coordinated our energies toward reaching our health and wellness goals.



DESCRIBE A MEANINGFUL ACHIEVEMENT AND RELATE IT TO YOUR FUTURE GOALS.

My Fuel Up to Play 60 experiences have shown me that I enjoy active involvement in health and wellness initiatives. Through Fuel Up to Play 60, I learned to lead by example and this has strengthened my confidence in presenting my ideas to my peers and adults. Leading a healthy lifestyle is important to me and my participation in Fuel Up to Play 60 has given me opportunities to lead initiatives focused on increasing access to and consumption of healthy foods and increasing participation in physical activity.



DESCRIBE AN ATTRIBUTE OR ACCOMPLISHMENT THAT SETS YOU APART.

Through Fuel Up to Play 60, I had the opportunity to present to my peers, educators, school administrators, government officials, and/or business leaders. Through these meetings and presentations, I shared my own experiences with healthy eating and physical activity and learned how to promote health and wellness initiatives in my school and/or community. I am passionate about this type of work and the knowledge I convey can ultimately impact the lives of many students across the country.

INTERVIEW TALKING POINTS

Do you have an important interview at a college or for a job? Use these examples to reflect on your experience. Then adapt them to highlight your Fuel Up to Play 60 experience.

Through participation in Fuel Up to Play 60:

- I was a role model and encouraged my peers to make better choices in order to live a healthy lifestyle.
- I had the opportunity to work with a team to implement sustainable health and wellness initiatives and make sustainable changes in our school and community
- I established and cultivated professional relationships with educators and school administrators in order to enhance involvement in health and wellness initiatives.
- I motivated my peers to get actively involved in the health and wellness initiatives at my school and observed positive changes in their behaviors.
- I promoted sustainable health and wellness changes in my school/community by presenting to my peers, educators, school administrators, government officials, and/or business leaders.