

unifrog



Adding an activity

Using the Unifrog Activities tool



The next few slides will show you how to use the Activities tool.

- After logging into your Unifrog account, scroll down to 'Recording what you've done.'
- Click 'Go to tool' on the 'Activities' tile.

Recording what you've done

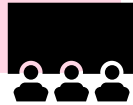
The screenshot displays a dashboard titled "Recording what you've done" with five activity tiles, each with a "Go to tool" button:

- Locker** (green): ✓ 3 student items saved
- Activities** (pink): ✗ Recorded at least 10
- Skills** (purple): ✗ Completed all 8
- Interactions** (blue): ✗ Missing 6 Interaction types
- Academics** (olive): ✗ 1 Classes, 1 Predict missing

Using the Unifrog Activities tool

You can use the tool to log examples of **academic** and extracurricular activities, such as:

Going to a lecture / watching
a film or documentary



Group academic work



Independent academic work



Reading books / academic
journals



Doing a MOOC (on an
academic topic)



Other academic activity



Using the Unifrog Activities tool

You can use the tool to log examples of academic and **extracurricular** activities, such as:

Art / Design / Music

Budgeting

Cadets / Junior ROTC

Community service / Volunteering

Computing / Technology

Coping with a personal problem

Cultural / Religious

Dance

Debate / Speech

Event planning

Extracurricular reading

Doing a MOOC (on an extracurricular topic)

Family responsibility / Caring for other people

Filmmaking

Foreign exchange / Travel

Foreign language

Journalism / Publication / Writing

Living independently

Music

Outdoors (e.g. Duke of Edinburgh expedition)

Paid work

School responsibility (e.g. school prefect)

Sport

Starting / running your own project / venture

Student government / Politics / Campaigning

Theatre / Drama

Work experience

Other

Using the Unifrog Activities tool

Click 'Add an activity.'



You can add examples of both **academic** and **extracurricular** activities.



Activities you've done

In your applications you'll need **specific examples of Academic and Extracurricular things you've done.**

What matters is the skills you demonstrate - the activity itself isn't important (anything from taking care of family members to soap carving works).

0 of 10 recommended minimum recorded so far

[+ Add an activity](#)



Using the Unifrog Activities tool

Here, you'll be able to outline your role, select the activity type, and write a description.

Add activity
Record what you've done.

* Title
0 of 50 characters

What type of activity was it?
Each activity can only be associated with one type.
Check [how to define the different types](#) ▾

* Activity type

Description + achievements
Write like a boss by [following these 5 tips](#) ▾


* Description
0 chars / 0 words Max 5000 characters

Click 'how to define the different types' for an example description of each activity type.

Type	Example role	Example description + achievement
Going to a lecture / watching a film or documentary	Watching Netflix's 'Wild, Wild Country' documentary series	I found several aspects of this series interesting from a filmmaking perspective - use of archive footage vs 'present' footage, music, quick cuts, and different camera shots, especially drone to close ups.
Group academic work	Learning buddy in science	Invited by teacher to support fellow students who struggle with more complex concepts such as electrolysis. One student I helped went from a D to a B.

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Description + achievements
Write like a boss by [following these 5 tips](#) ✓

* Description
0 chars / 0 words Max 5000 characters

Click 'following these 5 tips' for advice about how to describe your activity example.

1

Emphasise tangible, measurable impact

Who did your activity help? How many people? How much money did you raise?

Instead of: Raised money for children in Africa.

Try: Raised £3,000 to provide 75 uniforms and 3 scholarships for students attending the Waweru School in Kenya.

Using the Unifrog Activities tool

You'll also be able to log relevant skills, select the dates of the activity, and identify a referee who could attest that you did the activity.

0 of 500 characters

Skills

- Critical thinking** Evaluating information in order to form your own opinion
- Planning / Aiming high** Setting goals and devising a route to achieve them
- Teamwork** Working cooperatively with others to achieve a shared goal
- Leadership** Motivating and managing others to achieve a shared goal
- Problem solving** Finding a solution to a situation or challenge
- Working under pressure** Working well in stressful situations
- Creativity / Innovation** Using your imagination to come up with new ideas
- Independence** Working effectively on your own
- Resilience / Staying positive** Using strategies to overcome setbacks and achieve goals

* Date started

Date finished

Referee

or [cancel changes](#)

If the activity is ongoing, you can leave the date finished blank.

Using the Unifrog Activities tool

Once you've proof read the information that you've entered, click 'Add activity.'

* Your role
44 of 50 characters

What type of activity was it?
Each activity can only be associated with one type.
Check [how to define the different types](#) v

* Activity type

Description + achievements
Write like a boss by [following these 5 tips](#) v

* Description
309 of 500 characters

Skills

- Critical thinking** Evaluating information in order to form your own opinion
- Planning / Aiming high** Setting goals and devising a route to achieve them
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- Independence** Working effectively on your own
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* Date started

Date finished

* Referee

or cancel changes

Using the Unifrog Activities tool

1 of 10 recommended minimum recorded so far

+ Add an activity

Longshore drift independent research project

February 2023 - February 2023

Decided on the topic during the field trip. Started to do desk research whilst collecting samples in the field. My peers' projects were in different areas of geography so I worked largely alone. However I found an online community of scientists involved in similar research to peer review my initial findings.

Referee: Miss Wadsworth

Activity: Independent academic work

Skills: Independence

Edit >



You can update your example at any time by clicking 'Edit.'

Adding an activity



Now it's your turn to add an activity!

Decide if you're going to add an **academic** or **extracurricular** activity example today.

Recording what you've done

The screenshot shows a dashboard with five activity cards, each with a 'Go to tool >' button. The 'Activities' card is highlighted with a red border and a mouse cursor pointing to its button. The cards are:

- Locker** (green): ✓ 3 student items saved
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Click 'Add an activity'

Outline your role

Select the activity type

Write a description

Select relevant skills

Select the dates

Identify a referee

unifrog

Sign in at:

unifrog.org/sign-in