anannt

DEPTH OVER BREADTH

One-Page Activity Audit

Student name | Grade | Target universities | Date

Selective universities are not counting activities. **Two or three activities done deeply beat ten done thinly.** Fill this in with your child in 20 minutes, score honestly, then decide where the next six months go.

MIT Admissions
"We don't expect applicants to do a million things. Choose quality over quantity."

Common App data
Private-school applicants listed 7.87 activities on average vs 6.71 for public-school applicants.

Opportunity Insights, 2023
At Ivy-Plus colleges, non-academic ratings were uncorrelated or negatively correlated with post-college outcomes.

1 List and score every current activity

Score each signal 0, 1 or 2 using the key below. Total out of 12.

Activity	Years	Hours / week	Leadership	Impact	Built / created	Mentor vouches	Total / 12	Decision
WHAT DEEP LOOKS LIKE Robotics: started a weekend coding club for younger students at school	3 yrs **2**	6 hrs **2**	Founded club **2**	Ran 12 sessions **2**	Own robot + lesson kit **2**	CS teacher, specific **2**	**12**	■ Keep ☐ Deepen ☐ Drop
								☐ Keep ☐ Deepen ☐ Drop
								☐ Keep ☐ Deepen ☐ Drop
								☐ Keep ☐ Deepen ☐ Drop
								☐ Keep ☐ Deepen ☐ Drop
								☐ Keep ☐ Deepen ☐ Drop
								☐ Keep ☐ Deepen ☐ Drop

Years 0: under 1 · 1: 1-2 · 2: 3+
Hours / week 0: under 2 · 1: 2-5 · 2: 5+
Leadership 0: none · 1: a role · 2: started it
Impact 0: none · 1: describable · 2: countable
Built / created 0: none · 1: helped · 2: made it
Vouches 0: no · 1: maybe · 2: yes, in detail

Keep (9-12)
Already deep. A spike candidate.

Deepen (5-8)
Real interest, needs one bold step.

Drop (0-4)
Free the hours, or keep as a quiet hobby.

2 Pick 2 or 3 spikes for the next 6 months

Choose from Keep and Deepen. Everything else gets fewer hours.

Spike 1

Activity

Why this one

One concrete next step

Done by (date) and who will vouch

Spike 2

Activity

Why this one

One concrete next step

Done by (date) and who will vouch

Spike 3 (optional)

Activity

Why this one

One concrete next step

Done by (date) and who will vouch

3 Check the difference

THIN
Member of five clubs, one hour a week each, joined in Grade 10, no role, nothing to show, no teacher who knows the work.

DEEP
One interest followed for years, more hours each term, a role your child created, a result you can count, and a mentor who can describe it in detail.

Want a second pair of eyes on this audit?
Book a free profile review with Anannt. Send us a photo of this page.

WhatsApp Dubai **+971 58 585 3551**
WhatsApp India **+91 96076 03939**
anannt.ae

Sources: Chetty, Deming & Friedman (2023), "Diversifying Society's Leaders?", Opportunity Insights, opportunityinsights.org/paper/collegeadmissions (non-academic ratings tended to be higher for private-school applicants). MIT Admissions, "What we look for," mitadmissions.org/apply/process/what-we-look-for. Common App research brief, selective-college applicants, 2018-19 and 2019-20. Scoring bands are an Anannt planning framework, not admissions criteria.