



How to Talk About Your **Co-Curricular Experiences**

What are co-curriculars? Why do they matter?

Co-curricular references are activities outside the classroom where students can gain transferable skills and make a real-world impact. These experiences can be especially valuable for students with limited paid work experience, as they provide concrete examples of leadership, teamwork, initiative, and other skills valued by employers.

On resumes and LinkedIn, they are often grouped under the broader term "extracurricular activities."

Examples:

- Student leadership & governance
- Volunteering
- Clubs & teams
- Competitions & hackathons
- Societies & associations

Transferable Skills:

- Teamwork
- Collaboration
- Leadership
- Initiative
- Technical tools
- Problem-solving
- Adaptability
- Project coordination
- Organization & time management

Library Volunteer

September 2022–June 2025

Pauline Johnson Collegiate, Brantford ON

- Communicated complex catalogue search tools, guiding students to efficiently locate online and physical resources
- Established digital scheduling system for library volunteers in Microsoft Shifts, allowing remote access and automated volunteer-hour tracking

DeltaHacks

January 2026

McMaster University, Hamilton ON

- Developed software for a posture-alert necklace using Python and Arduino-based sensors, delivering a functional prototype in under 24 hours
- Collaborated with hardware team to debug sensor feedback across 20+ Autodesk simulations, ensuring reliable alert activation

The Great Gatsby

October 2025–March 2026

McMaster University, Hamilton ON

- Leveraged Viva and Outlook calendar to balance a full courseload alongside 2–3 rehearsals per week, maintaining a 3.8 GPA
- Integrated directional feedback, memorized complex lines and stage cues, and delivered seamless performances within a 100+ member production