FRESHMAN YEAR CHECKLIST

DEVELOP YOUR PASSION FOR MUN

During freshman year, build a strong foundation of MUN skills and leadership that allows you to show off your passion for MUN when you apply to the best fit colleges.

Use the blank spaces to fill in your personal goals related to MUN.

FALL SEMESTER

- Join your high school MUN team or a Best Delegate MUN Team
- Learn all basic MUN skills (public speaking, research, debate, etc.)
- Attend your first MUN Training Conference
- Try Virtual & In-Person MUN Conferences for Practice
- Learn more about club leadership positions for the following school year

SPRING SEMESTER

- Attend at least 1-2 more novice/regional MUN conferences
- Win a committee award by the end of the year
- Research more advanced conferences to attend next year (national, crisis, etc.)
- Apply to / run for club leadership positions for the following school year

SUMMER BREAK

- Attend the virtual or in-person MUN Institute to continue building MUN skills
- Best fit programs for rising Sophomores with some MUN experience is the beginner Diplomat or intermediate Ambassador programs

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Sophomore year is for building your leadership resume - serve as a committee chair, be a part of your MUN club’s leadership, win awards, etc. With these accomplishments, you’ll certainly stand out to colleges!

Use the blank spaces to fill in your personal goals related to MUN

FALL SEMESTER
- Start learning more advanced MUN skills (negotiation, public speaking style, etc.)
- Attend 1-2 more regional/advanced MUN conferences
- Continue winning committee awards at multiple conferences (virtual & in-person)
- Start preparing to staff your school’s conference
- [ ]

SPRING SEMESTER
- Attend 1-2 more regional/advanced MUN conferences
- Continue building advanced MUN skills (social dynamics, strategic note-passing, etc.)
- Research more advanced conferences to attend next year (national, crisis, etc.)
- Apply to / run for club leadership positions for the following school year
- Serve as a staff member at your school’s conference
- [ ]

SUMMER BREAK
- Attend the virtual or in-person MUN Institute to continue building MUN skills
- Best fit programs for rising Juniors with 1-2 years of MUN experience is the intermediate Ambassador program or the advanced Crisis program
- [ ]
Junior year is for reflecting on your MUN journey and funneling your passion for MUN into concrete accomplishments, like hosting your own conference.

Record your favorite experiences and MUN memories throughout the year to use as potential anecdotes in your college essays.

**FALL SEMESTER**

- Learn even more advanced MUN skills (crisis committees, crisis arcs, etc.)
- Serve your MUN program in an advanced leadership position (Vice President, etc.)
- Start preparing to chair a committee at your school’s MUN conference
- Start researching colleges with strong MUN and International Relations programs
- Attend 1-2 advanced national conferences as a delegate

**SPRING SEMESTER**

- Chair a committee at your school’s MUN conference
- Continue winning committee awards at national conferences
- Apply to / run for advanced club leadership positions for the following school year
- Start reflecting on your personal MUN journey & think about how to utilize your MUN experience in your college essays

**SUMMER BREAK**

- Attend the virtual or in-person MUN Institute to continue building MUN skills
- Best fit for rising Seniors interested in crisis committees is the Crisis program
- Best fit for rising Seniors interested in leadership are our MUN Student Leadership programs

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It's college application time! Take everything you've learned from MUN and use it to craft your applications and essays. You can do it!

Weave MUN throughout every section of your application - essays, extracurriculars, awards, interviews, recommendations, etc.

FALL SEMESTER

- Serve your MUN program in an advanced leadership position (President, etc.)
- Start planning your school’s MUN conference with the Secretariat
- Use MUN experience to inspire & optimize your college applications
- Ask your MUN advisor for a letter of recommendation for your college applications
- Attend & win awards at advanced / national conferences

SPRING SEMESTER

- Work with your team to host your school’s conference
- Receive college decisions and rank your top choices based on your priorities (academics, financial aid, MUN program, etc.)
- Decide what college you will attend!
- Reach out to the MUN team at your future school to introduce yourself

SUMMER BREAK

- Reflect on your MUN journey and prepare to excel in university-level MUN
- Attend the virtual or in-person MUN Institute Student Leadership program
- Prepare to apply for Best Delegate internships & positions during the fall semester