




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
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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 CHECKLIST

START STANDING OUT AMONG YOUR PEERS



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 CHECKLIST

FIND YOUR VOICE & REFLECT ON YOUR JOURNEY



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



SENIOR YEAR CHECKLIST

PREPARE YOURSELF FOR COLLEGE



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