What Counts as Leadership?

Leadership experience counts as any role or activity showing you can guide, influence, organize, or take initiative to achieve a goal. Leadership isn't just "managing people." Lots of leaders guide work, shape direction, or create structure without having anyone reporting to them. Influence counts just as much as authority. If someone is coordinating communications, organizing volunteers, running a project, representing a group's voice, mentoring peers, and/or creating resources others rely on...that's leadership. If your work helps others be successful, you're leading. It can be sideways, upward, or outward...not just downward.

Your leadership experience can extend beyond formal work rolls or volunteering within the Academy of Nutrition and Dietetics. Consider including areas like; club officer roles, sports team captaincies, volunteer coordination, mentoring new hires, leading group projects, or starting your own initiative. **It's about demonstrating skills like communication, problem-solving, and accountability in any context, formal or informal, at school, work, or in the community, by taking responsibility and driving positive outcomes.**

Examples of Leadership Experience:

- **In School/Academics:**
  - Student government (e.g., president, vice president, or representative).
  - Club leadership positions, such as club president or officer in organizations like the National Honor Society or Dietetic Club
  - Team Captain or Section Leader in a band
  - Leading a major group project or presentation
  - Mentoring younger students or leading study groups
  - Assisting with your schools social media account
- **At Work/Internships:**
  - Training or mentoring new employees
  - Managing a small team or project
  - Taking initiative on a new process or campaign
  - Starting a business or entrepreneurial venture
- **In the Community/Volunteer:**
  - Organizing a fundraiser, food drive, cleanup or other event
  - Serving on a volunteer board or committee as a president, chair or coordinator
  - Leading a volunteer group
  - Starting a community garden or social club
  - Fundraising for a cause or planning events that bring people together
- **In your free time**
  - Organizing a club or community group around a particular interest or passion
  - Leading a group in a collaborative hobby like gaming or crafting

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References:
https://www.citizensbank.com/student/articles/counts-leadership-experience-college-apps.aspx
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