

# **How Model UN Can Help You Get into College**

**Advice, Stories, and Inspiration  
By Model UN Students**

***Best Delegate***

**Are you a high school Model UN student  
who wants to attend a top-ranked college?**

**If so, this book is for you.**

It takes more than good grades and strong test scores to get into competitive colleges. High school students have to stand out by excelling in activities such as Model UN. And we know that the college admissions process is stressful.

**This book is meant to help you through  
the stress of college admissions.**

The following pages contain advice, stories, and inspiration from students who got into college because of Model UN.

Model UN has helped many students succeed  
in their high school careers and beyond.

We know that Model UN can inspire you to succeed, too.

Let us show you how.

**Ryan Villanueva**  
**Kevin Felix Chan**  
***Best Delegate***

# Model UN can help you impress admissions officers.

Admissions officers are looking for  
examples of learning and leadership.

Demonstrate these qualities through Model UN  
by winning awards, running conferences,  
chairing committees, and training your club.

# Ricky Hanzich

## Harvard University

MUN gave me the opportunity to lead a program of nearly 200 of my peers and organize a conference for 1,000 high school students.

**It's rare to have that kind of experience  
at such an early age – and colleges notice.**

From founding travelling teams to chairing committees, there is always some way to get involved with MUN, and its combination of speech, debate, negotiation, research, and writing makes MUN a nearly perfect extracurricular.

But it's not about just putting something on a resume – you have to equal MUN's breadth and depth of opportunity with your own passion.

*Ricky is Secretary-General of the 2011 Harvard National MUN Conference and was Secretary-General of the 2007 Mission Viejo High School MUN Conference in California.*



# Amandla Ooko-Ombaka

## Yale University

When I applied to college, my MUN background gave me the confidence and ease to speak with persuasion about my experiences.

**MUN gave me the conviction that I could be more than just a number or GPA to my admissions officers.**



Having served on the junior secretariat of East Africa's largest MUN conference during high school, I knew I wanted to join a college MUN team that would challenge me to think strategically about presenting my team, myself and my ideas.

Through my years on the East Africa and European circuits including EAMUN and THIMUN, I learned that framing an argument is in many cases just as important as the content of the argument, and lobbying my fellow delegates for support was more than half the work I need to do to successfully debate (and maybe even pass!) a resolution.

*Amandla was Secretary-General of the 2009 Yale MUN Conference.*

# Thomas Yang

## University of Chicago

Applying to competitive colleges in the US has never been an easy job for international applicants. However, since Model UN in other countries is not as prevalent as it is in the US, an international applicant with abundant successful Model UN experiences would seem quite outstanding to admission officers.

**MUN reflects many characteristics admission officers look for—leadership, communication skills, teamwork, and critical and creative thinking.**

In my personal essays, I specifically wrote about my Model UN experience of winning awards, organizing conferences, managing my Model UN team, and promoting Model UN in my hometown. These experiences proved to be very attractive to many colleges. Many of the colleges to which I was admitted said in their admission letters that they had paid great attention to the activities I'd attended and awards I'd won. For example, in the admission letter from the University of Chicago, it says, "You have been selected by our faculty and admissions counselors because you recognize the pleasure—the absolute joy—to be found in active, creative learning."



# JinSoo Huh

## Duke University

**I know the confidence, leadership skills, and a deeper understanding of the world I developed through Model UN were instrumental in helping me get into college.**



Before Model UN, I hated talking in the classroom and was especially terrified of speaking in front of large groups of people. MUN developed that confidence to talk not only about international issues, but about my stance on a controversial issue, my thoughts on a character in a literature book, and even how to solve a mathematical proof.

In addition, it is an arena that you can develop your leadership skills. You are actively trying to be a leader in debate by steering the committee towards your solutions and also can lead your club to honing their skills to bring back delegation awards. Winning awards shows that you are a strong researcher, a good public speaker, someone knowledgeable about world issues, a diplomat, and a leader.

*JinSoo was Secretary-General of the 2009 Duke University MUN Conference and 2009 Global Classrooms: Los Angeles Conference.*

<http://BestDelegate.com>

# Sarah Lambino

## University of Washington

The college application process was intimidating – summarizing 12 years of my education in the Common Application, personal statement, and resume for a group of strangers should rightfully concern any high school student. At times, I would look at my peer's achievements – FBLA state awards, marching band championships, 4.0 GPAs – and wonder how I could stand out from the crowd.

### **Model UN taught me how to stand out from the crowd.**

Just like a delegate in committee, I realized it's up to your own resolve to show who you are and what you can get done. Model UN helped me gain the confidence to believe in myself and that what I said mattered.

*Sarah was a Model UN Conference Planner at UNA-USA and had served as Secretary-General of the 2006 Washington State MUN Conference and Chief of Staff of the 2007 UNA-USA MUN Conference.*





# Model UN can help you with personal essays and interviews

It's not enough to put down awards you've won or conferences you've run on your college applications.

You have to communicate your success in MUN through personal essays and interviews.

# Ryan Villanueva

## Yale University

### Model UN is the reason I got into Yale.

In my college application essay, I described how much I loved to sing as a child. But when I became a teenager and my voice changed, my singing became strained, and my joy along with it.



Then, I was introduced to Model UN in high school. It helped me develop strong communication skills and the confidence to speak. I started winning awards, running conferences, and competing for public speaking scholarships. And as I found more and more success there, I gradually gave up music for Model UN.

Reflecting on this, I realized that both activities actually allowed me do the same thing: express myself. My medium of self-expression had simply shifted from singing to speaking, which I developed through Model UN. And that became the focus of my essay, which I titled, "Finding My Voice."

*Ryan was Secretary-General of the 2007 Security Council Simulation at Yale collegiate MUN conference and the 2004 Mission Viejo High School MUN Conference.*

<http://BestDelegate.com>

# Asad Ramzanali

## University of California, Los Angeles

I used MUN as the topic of many of my college personal statements.

**I talked about how Model UN taught me that education includes what you learn not in a classroom – a valuable lesson that I've held dear to the way I live.**

More than getting me into college, Model UN helped form my understanding of education and how it differs from schooling.

That's a lesson that helped me get into the schools I got into, but also helped me clarify how I view the world.

*Asad was the President of Model UN at UCLA and is Secretary-General of the 2011 Global Classrooms: Los Angeles Conference.*



# Kelsie Riemenschneider

## Georgia Institute of Technology

Model UN was an invaluable experience to me throughout the college application process. MUN enabled me to express a genuine interest in the rest of the world, which indicated that I was well-prepared and eager to work with students from many different backgrounds beyond my high school community.



MUN gave me a lot of unique experiences that I could talk about in interviews, and I actually wrote about my experience at my first conference and the challenges I had to overcome for one of my college essays.

**When school representatives saw I was involved in Model UN, it gave them a better understanding of who I am.**

It also reflected my extensive love for learning, and showed that I value any opportunity to learn and cooperate with others to proactively solve problems.

*Kelsie was Secretary-General of the 2010 Georgia Tech MUN Conference.*

# Sam Lichtenstein

## Johns Hopkins University

Not only is Model UN a great academic exercise that enriches your understanding of history, economics, and international affairs, but it also improves your communication skills, your writing abilities, and your ability to analyze complex problems. It should come as no surprise that those are all goals colleges look for in applicants.

**Simply put, Model UN was one of key reasons I was accepted at Johns Hopkins.**

In one of my personal essays, I even wrote about the importance of Model UN in my own life. I explained how the activity had helped me to find solutions to seemingly overwhelming problems. Now as a near college graduate, I can say with complete certainty that my time at Johns Hopkins would not have been as successful without Model UN as a basis.

*Sam is Secretary-General of the 2011 Global Classrooms International MUN Conference and the 2011 Johns Hopkins University MUN Conference.*



# Model UN can help you pick the right college.

You can read books and blogs about college admissions,  
but the best advice comes from talking to people.

Seek out people you've met through MUN  
who are attending or have attended your target colleges.

# Nora Radtke

## University of Chicago

**If I hadn't attended MUNUC, I probably wouldn't have picked UChicago, and I wouldn't be where I am today.**

I'm not going to lie – I signed up for Model United Nations as a freshman in High School because of that Mary-Kate and Ashley movie. I had no idea what MUN was really about.



But my team's advisor was inspiring and I had a collection of excellent history teachers that influenced my desire to pursue International Relations as an undergraduate concentration. These people pushed me to apply to the University of Chicago as a challenge – the “dream school” if you will.

It wasn't until my senior year when I attended Model United Nations of the University of Chicago (MUNUC) that I was sold on the school. I had the opportunity to meet undergraduates who were passionate about Model UN, and see firsthand how they were able to apply their education to Model UN and vice versa. The moderator of the committee became a good friend of mine over my four years at UChicago, and ultimately an academic mentor who had input on my Bachelor's Thesis.

*Nora is Director-General of the 2011 Global Classrooms International MUN Conference and was Secretary-General of the 2010 and 2009 Global Classrooms: Chicago Conferences.*

<http://BestDelegate.com>

# Jeniffer Kim

## American University

Spending most of my life in southern California, I had never dreamed that I would ever leave for the opposite coast.

**However, participating in MUN inspired me to move to Washington, D.C. to be closer to international institutions that I one day hoped to work for.**

My MUN advisor provided me a contact in my Congresswoman's district office. Due to the skillset that I had developed through Model UN, I became an asset to the district office as a student, and this resulted in me securing an internship with my Congresswoman's legislative assistant who worked on foreign affairs in the D.C. office.

My MUN experience, which paved the way for an incredible internship with my Congresswoman, is what definitely helped me get into college. To admission boards, students who go above and beyond in taking an interest in international affairs are invaluable.

*Jeniffer is Chief of Staff of the 2011 Global Classrooms International MUN Conference.*

<http://BestDelegate.com>





# Milan Stanic

## Seton Hall University

**The leadership skills I learned through Model UN helped me not only be accepted into Seton Hall's competitive International Relations program, but also procure an internship as a student volunteer for the Secret Service.**



In high school, I participated in Model UN as a delegate and cultivated skills that have helped me in my undergraduate academic pursuits and future career goals.

Today, I still participate in Model UN, both as a delegate in the college circuit and as a staff member for conferences such as GCIMUN held in New York City and I can honestly say that is one of the most influential and rewarding activities I have been a part of.

*Milan was Secretary-General of the 2010 Global Classrooms: New York City Conference and is an Undersecretary-General for the 2011 Global Classrooms International MUN Conference.*

# Hayes Brown

## Michigan State University

Through MUN I found where my passions really lie.

All throughout high school, I had no idea what I wanted to do in college, falling back on the idea that since I liked theatre, going for that made sense.

But in my senior year, after two years of MUN, I realized just how much it meant to me that I continue to expand my horizons and knowledge of the world. Armed with that, I refined my search and made my way to a school that would help me realize my ambitions.

*Hayes was Secretary-General of the 2010 UNA-USA MUN Conference in New York City.*



# Model UN can help you gain perspective on the college application process.

Whether it's giving a speech in Model UN or getting into college,  
don't worry about the things outside of your control –  
focus on the things within your control.

You can't control whether you are accepted to your target schools,  
but you do control how you present yourself as an applicant.

# Evan Smith

## Georgetown University

I was able to go to sleep at night knowing that it wasn't the admissions process – it was my admissions process.



MUN showed me that it was okay to put myself out there, to take charge, to take a risk. It helped me to realize that I had more control, both in committee and in the college process, than I had ever imagined.

*Evan was Secretary-General of the 2010 Stuyvesant High School MUN Conference.*

# Kevin Felix Chan

## University of California, Los Angeles

I still remember how I was full of fear and uncertainty when I first participated in Model UN. But I soon recognized that although I would always face uncertainty at MUN conferences, I also always had the choice to do my best and have fun. That lesson taught me not to worry about the things outside my control but instead to focus on the things that are within my control. This gave me perspective as I applied to college.

**I realized the best college for me  
is the one that accepts me for who I am.**

In class, I stopped worrying about grades and focused on learning. On the SAT, I stopped worrying about my score and focused on preparing. And for college admissions, I stopped worrying about getting into my dream school and focused on crafting the best application I could. The late John Wooden once said: Do not let what you cannot do interfere with what you can do. Whether it's Model UN, or high school, or getting into college, just keep trying to do your best, and the best will come to you.

*Kevin was Secretary-General of the 2008 UNA-USA MUN Conference in New York City and the 2008 UCLA MUN College Conference.*



# Model UN can help you prepare for college

The skills you learn in Model UN will be useful throughout your career as a student and beyond.

Focus on learning lifelong skills  
and success will come to you.

# Chris Talamo

## Dartmouth College

**As simple as it may sound, effective leadership is the most valuable skill I learned from MUN.**



As a delegate, there are plenty of leadership opportunities simply through managing caucus blocs and building one clear solution out of the dozens of voices and ideas present. Moving to a staff position, the new challenge is trying to manage multiple caucus blocs in a single committee, which is even more daunting.

The chaos inherent in being an MUN delegate provides a valuable skill-set. The flexibility to manage people and ideas both when the rules are turned on and off is a quality most people don't have and most people will rarely have the opportunity to learn.

*Chris is Director-General of the 2011 National High School MUN Conference in New York City.*

# Amanda Boccuti

## University of Mary Washington

**It's amazing how applicable the skills I cultivated in the conference rooms extended into every day life.**

From college interviews to my first class presentations and group work as a freshman, I found that the skills I gleaned from Model UN not only helped me feel more comfortable in typically high-stress situations, but also helped me approach tasks in a unique and thoughtful manner.

I have also found that my experience with Model UN is a great conversation piece in interviews; when I interviewed for my current internship with an environmental consulting firm, they were interested and excited to hear about how Model UN shaped me as a person and provided me with a skill set that makes me a both a successful student and intern.

The confidence, flexibility, and critical thinking skills I gained from participating as a delegate in Model UN while in high school has played an integral role in my transition from high school to college.





# Golzar Ansari

## University of California, Davis

I started doing Model United Nations in high school even though I did not know what MUN entailed. Simply because I have always enjoyed public speaking and learning about other countries so I decided to give it a chance.



I won my first award at this conference and felt very encouraged to continue. I continued on to more competitive conferences and was able to win more awards which I could put onto my college applications.

**In the process, I polished and strengthened my public speaking skills which university admissions highly value because it is a skill necessary to succeed in any endeavor of life.**

After I was accepted to the University of California, Davis, I continued to participate in MUN because the skills and experience I acquire in the process have helped me attain valuable internships in my field of International Relations.

*Golzar is the Secretary-General of the 2011 UC Davis MUN Conference.*

<http://BestDelegate.com>

# Marlow Svatek

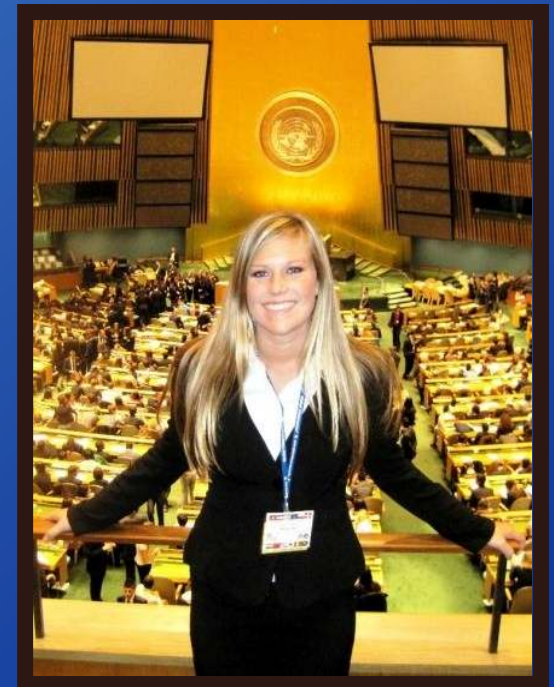
## University of Miami

We all know that Model UN helps to sharpen debate, negotiation, and writing skills. However, we often neglect other positive aspects of the Model UN experience. For me, participating in Model UN gave me the confidence to stand up in front of a room and make my voice heard.

**More importantly, Model UN taught me the ability to listen.**

While applying to college, law school, and the Peace Corps, my Model UN experience has made me stand out. Colleges are looking for applicants who are cooperative problem solvers and, in my experience, delegates exemplify this description. In a world where our problems are increasingly global in scope, we need future leaders who have the ability to listen and collaborate with others in order to find global solutions. I believe that Model UN fosters this collaborative spirit. Universities and employers are aware of this and actively seek competitive applicants who have this global mindset.

*Marlow was Secretary General of the 2010 University of Miami's 'Canes Conference.*



# Andrew Roush

## University of Texas at Austin

Model UN gave me an understanding of the world, it's people, it's problems, and it's potential.

**More than that, Model UN gave me  
a sense of community and a sense of purpose.**



Model UN not only gave me the skill to succeed in college, but the platform to develop them. The research, critical thinking and people skills that MUN builds can help get you in. More importantly, though, MUN gives us a place where we belong once we're there.

*Andrew sits on the board of Central Texas Model United Nations and was Chief of Staff for the 2010 UNA-USA MUN Conference in New York City.*

Inspired by how Model UN can help you  
get into a top-ranked college?

***Best Delegate* can help you  
with college admissions!**

Email [info@bestdelegate.com](mailto:info@bestdelegate.com)

Thank you for reading!

<http://BestDelegate.com>

*How Model UN Can Help You Get Into College*  
Copyright © 2010 Best Delegate. All rights reserved.

*How Model UN Can Help You Get Into College* by Best Delegate is licensed under a  
Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License.

<http://creativecommons.org/licenses/by-nc-nd/3.0/>

Feel free to share / print / email / re-link / Facebook post / Tweet this e-book  
so long as it remains unmodified and not used for commercial purposes.

