

CAPSTONE MEN & WOMEN

2024 Application

Applications Due: **Friday, January 26, 2024 by 12:00 p.m.**

First Round Interviews: **January 30th – February 1, 2024**

Second Round Interviews: **February 6, 2024**

HOW DO I APPLY?

Capstone Men and Women include the best and the brightest of The University of Alabama's students. They are chosen competitively early in the spring semester through an interview process conducted by the Capstone Men and Women selection committee. Current members of the group are required to try out every year. No particular male/female ratio is established for the group. Members are required to meet the following criteria:

- Cumulative grade point average of 3.0 or higher.
- At least second-semester freshman standing.
- Full-time enrollment as an undergraduate (no graduate/law students).
- Involvement, but not over-commitment, in campus activities.
- Ability to devote 5 to 10 hours or more each week to group duties while maintaining good grades.
- Must be able to memorize a volume of material about The University of Alabama and keep up with current information about its growth and development.
- Ability to learn the official bus/walking tour of the campus and to present it in a professional manner to prospective students, their parents, and other campus visitors.
- Excellent oral communication skills and poise in dealing with diverse groups of individuals.
- Required to work all home football games.
- Responsible for ensuring that all **Capstone Men and Women responsibilities are covered year-round, including summer, spring, fall, and winter breaks, any university holidays, and away-game Saturdays.**
- Must be available for **mandatory Capstone Men and Women meetings every Tuesday from 5:00-7:00 p.m.**

Applications are available online at <http://cmw.ua.edu/>.

- Deadline to apply for membership is **Friday, January 26, 2024 by noon**. All applications with a photograph and a **one-page resume** are due at the Office of External Affairs (Room 303) in Rose Administration Building by **12:00 p.m.** No application will be accepted after the deadline. (Photograph should fit inside provided box and be attached to your application.)
- A **mandatory** Convocation will be held on **Sunday, January 28, 2024, at North Lawn Hall 1000 at 6:00 p.m.** to discuss the selection process. Failure to attend Convocation will result in automatic disqualification of the applicant.

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Capstone Men and Women are the official student ambassadors for The University of Alabama. All applicants must submit a photograph that fits in the provided box and a **one-page resume** with this application. This form must be returned to the Office of External Affairs (Room 303) in Rose Administration Building no later than **12:00 p.m. on Friday, January 26, 2024**. Typed applications are preferred.

All applicants must attend Convocation at **North Lawn Hall 1000** at **6:00 p.m. on Sunday, January 28th**.

For further information, please contact the Capstone Men and Women President, Garland Brazil, at jgbrazil@crimson.ua.edu.

Insert or Tape
Picture Here

*Your picture must not be **larger** than this box.

Name _____
(Last) (First) (Middle) (Preferred)

CWID # _____ (Please Circle) Freshman Sophomore Junior

College/School _____ Major/s _____

Hours Earned _____ Overall GPA _____ Age _____

Expected College Graduation Date _____ Birthday _____

Cell Phone _____ Home/Parent's Phone _____

Parents' Names _____

Email Address _____ High School _____

Residence _____ Room # _____

Campus/Local Address _____

Permanent Address _____

4. How do you find motivation when you face hardship?