

Activity: PAR Framework Transformation (20 minutes)

Below is a set of vague experiences (P = Problem or project) and the corresponding strong, quantified PAR bullets (A = Action, R = Result). For practice, rewrite the vague version into full PAR bullets following the pattern.

1. Aerodynamics Research

Vague (P):

Conducted aerodynamics research in the Advanced Airflow Laboratory

Strong PAR (A + R):

A: Developed a numerical model for simulating nonlinear interactions in supersonic jet streams

R: Improved computational efficiency by 30%

A: Co-authored three peer-reviewed publications on aerodynamics and fluid dynamics

R: Advanced the lab's research output and visibility

Practice Template:

P: Conducted aerodynamics research in the Advanced Airflow Laboratory

A: _____

R: _____

2. Teaching Assistant for Space Propulsion

Vague (P):

Teaching Assistant for Space Propulsion (16.522)

Strong PAR (A + R):

A: Created and delivered weekly recitations on propulsion systems and jet engine mechanics

R: Improved clarity of complex material for 50+ students

A: Provided one-on-one feedback for 20 graduate student projects

R: Improved project outcomes and boosted student engagement

Practice Template:

P: TA for Space Propulsion

A: _____

R: _____

3. Sailing Team

Vague (P):

Helped sailing team on weekends

Strong PAR (A + R):

A: Coached 4 undergraduate sailors in race tactics and team coordination

R: Achieved a top-5 finish at the New England Championship

Practice Template:

P: Helped sailing team on weekends

A: _____

R: _____

4. Mentor for Unified Engineering

Vague (P):

Mentor for Unified Engineering: Signals and Systems (16.002)

Strong PAR (A + R):

A: Guided a team of undergraduates through applications of materials and structural analysis

R: Improved technical correctness and confidence in core aerospace concepts

A: Provided iterative technical + communication feedback

R: Strengthened sponsor-facing presentations

Practice Template:

P: Mentored Unified Engineering students

A: _____

R: _____

5. GA³ Engagement

Vague (P):

Worked weekly with GA³

Strong PAR (A + R):

A: Organized and facilitated weekly GA³ meetings for graduate student programming

R: Increased participation and community engagement across AeroAstro

Practice Template:

P: Worked weekly with GA³

A: _____

R: _____

6. IEEE Aerospace

Vague (P):

Went to IEEE Aerospace

Strong PAR (A + R):

A: Presented research on integrating machine learning into robotic spacecraft assembly

R: Reached an international audience of aerospace researchers and industry experts

Practice Template:

P: Went to IEEE Aerospace

A: _____

R: _____

7. National Robotics Grant

Vague (P):

Received National Robotics Grant

Strong PAR (A + R):

A: Wrote a competitive proposal on optimizing sensor-based SLAM for robotic navigation

R: Awarded the National Robotics Grant (top ~X% acceptance)

(You can fill in the acceptance rate if known.)

Practice Template:

P: Received National Robotics Grant

A: _____

R: _____

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