**STUDENT INFORMATION SHEET FOR RECOMMENDATIONS**

# STUDENT NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ YEAR OF GRADUATION\_\_\_\_\_\_\_\_

Home or Cell phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please TYPE your responses and return to your counselor via email or a google doc.**

What do you plan to do immediately after high school?

College\* \_\_\_\_Military\_\_\_\_ Work\_\_\_\_ Travel\_\_\_\_ Gap Year\_\_\_\_ Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I am planning on applying to the following colleges: (Rank your college choices if appropriate, 1-6)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 6.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**QUESTIONS ABOUT YOU:**

1. List school and community **activities** and any **work** experience in which you have been involved ***OR attach a separate sheet***. *Activities (clubs, committees, music, drama, dance, art, sports, work, volunteerism: community service):*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Activity** | **9** | **10** | **11** | **12** | **Office/Leadership position held. Or why you chose the activity.** |
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1. Circle four or five qualities that best describe you: (Think about how someone who knows you might describe you):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Creative | Scientific | Tolerant | Disciplined | Conscientious |
| Concerned | Confident | Curious | Independent | Motivated |
| Self-starting | Competitive | Persistent | Assertive | Industrious |
| Respectful | Intellectual | Enthusiastic | Resourceful | Responsible |
| Flexible | Friendly | Other qualities \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |

***For one or two of the items circled, cite an example or briefly describe a specific incident to support the self-assessment***.

1. Please describe something you are passionate about:
2. What extra-curricular activity has been most meaningful to you? Why?

In what ways do you think these experiences have contributed to your total growth?

1. What experiences have you encountered to support your present career interest (i.e., volunteer work at a hospital to demonstrate your interest in nursing.)
2. What events/experiences have shaped your growth and way of thinking?
3. In what way have you overcome a setback or disappointment? What insight did you gain from that experience?
4. What are your proudest accomplishments?
   * 1. Academic:
     2. Personal:
5. Is your academic performance an accurate reflection of your ability? Please explain any special circumstances that might have interfered with your academic performance? (Illness, home responsibilities, language barrier or learning issues? )
6. Who has had the greatest influence in your life? Explain:
7. What are your gifts and strengths? What makes you different from other students?