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This form assists me in writing your recommendation. The more specific you are, the more thorough your recommendation will be.

Request recommendations **in person, type your answers in the document and email to your counselor with subject line reading “First Name, Last Name, Brag Sheet”**. Ex. John Smith Brag Sheet

For teacher recommendations, you will need to see individual teachers for their requirements.

Because of the number of recommendation requests the counselors receive, this form is due to your counselor **one month before the recommendation is needed.**

**In addition to this form please submit your resume.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Student Name: | | | | | St. ID# | |
| Email: | | | Your Phone#: | | | |
| Current GPA (If Known): | | | Current Class Rank (If Known): | | | |
| Highest SAT (If Taken): | | | Highest ACT (If Taken): | | | |
| **Father’s Name:** | | | Occupation: | | | |
| Education Completed: | | High School | College | College Attended: | | |
| **Mother’s Name:** | | | Occupation: | | | |
| Education Completed: | | High School | College | College Attended: | | |
| Parents: | Married | Divorced | Separated | One/Both Remarried: | | One/Both Deceased: |
| Language(s) Spoken at Home: | | |  |  | |  |
| Are you an IB Diploma Candidate? | | | Yes | No | |  |
| Are you on free/reduced lunch? | | | Yes | No | |  |

**ALL known deadlines: (Colleges, scholarships, internships, etc.)**

**What are you most proud of?**

**Besides your grades/academics, what else are you known for or want to be known for? What are your personal strengths?**

**In which areas have you noticed the most growth since you have been in high school?**

**What has been your favorite subject? Why?**

**If you have completed an internship, volunteered or worked, what did you gain from this experience?**

**What has been your greatest academic or personal challenge? How did you overcome the problem?**

**What is your passion or hobby? What role might it play in your future?**

**What college majors are you considering? Why?**

**What do you feel is the ideal college environment for you? (Size, location, specific city, social climate, quality of life, etc.) Why?**

**What are your current career goals? What do you hope to accomplish?**

**In reviewing your transcript, have there been any extenuating circumstances that may have affected your grades or school performance?**

**Do you have words you live by, a personal motto or quote that means a lot to you? Explain its meaning to you. *(If not, leave blank.)***

***Choose 3-5 traits/adjectives in which you excel. These traits are your most distinguishing or admirable qualities. Write a few sentences why you think you excel in that particular trait*.**

|  |
| --- |
| **Examples: Intelligent, competitive, self-confident, responsible, creative, humble, organized, resilient, has initiative, commitment to service, ability to handle conflict, leader, strong vocational skills, imagination, goal achievement, flexible, strong interpersonal skills. YOU CAN ADD OTHER TRAITS or ADJECTIVES.** |

**Trait 1:**

**Example:**

**Trait 2:**

**Example:**

**Trait 3:**

**Example:**

**Trait 4:**

**Example:**

**Trait 5:**

**Example:**

**Self-Summary:**

**What do you think makes you stand out from your peers? Why should a college/university select you to be in their freshman class? Think about your potential regarding academic and personal qualities (Character, maturity, integrity, values, special talents, etc.)**

**(Seriously, brag about yourself.)**

**Parent Response:**

**List three adjectives to describe your child:**

**Please relate anecdotes that describe your student’s strengths, accomplishments, preferences, work habits, personality, etc. Tell what you would like the college admissions committees to know about your student regarding unusual talents, personal qualities, assets/characteristics that set the student apart from others. Describe your child’s role in the life of your family. Discuss your child’s reactions to any unusual circumstances and/or situations in your family life.**