Name:

Please fill this out honestly and thoroughly. This form will be used to assist counselors in writing a letter of recommendation to send on to colleges, places of employment, and/or scholarships. The more detail, the better. If you don’t have enough room for any of these questions, feel free to write on a separate page.

List three possible intended majors or minor fields of study in college:

1.

2.

3.

What colleges are you interested in applying to?

1.

2.

3.

List 3 words or adjectives you would use to describe yourself and why.

1.

2.

3.

Is your transcript to date a reasonably fair evaluation of your real abilities as a student? If not, why?

Which of your activities/accomplishments are you most proud and why?

**Additional Information** - Please note here any additional information that may be helpful in writing your Letter of Recommendation.

**AWARDS/HONORS-**Please list any awards and/or honors you have received. (Academic, art, drama, music, service, athletic or community recognition)

|  |  |  |
| --- | --- | --- |
| **Grade/Year** | **Award** | **Description of Recognition** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**ACTIVITIES-**Please list all extracurricular activities that you have participated in (Inside and Outside of school)

|  |  |  |  |
| --- | --- | --- | --- |
| **Grade/Year** | **Activity + Leadership Title** | **Frequency****Hours/week** | **What did you learn from the experience + Honors, Awards & Recognition** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**SPORTS-**Please list all Sports activities that you have participated in (Inside and Outside of school)

|  |  |  |  |
| --- | --- | --- | --- |
| **Grade/Year** | **Sport**  | **Frequency****Hours/week** | **Comments** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Community Service** – List any community activities in which you have been involved. How/when did you participate? What did you do to help the community?

|  |  |  |
| --- | --- | --- |
| **Grade/Year** | **Organization** | **Activities/Descriptions** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**Part-time or Summer Work –**List any jobs that you have had.

|  |  |  |
| --- | --- | --- |
| **Grade/Year** | **Employer** | **Descriptions** |
|  |  |  |
|  |  |  |
|  |  |  |

Please provide any additional information on a separate page.