**BRAG SHEET**

We believe that you should have some input into the letters of recommendation that we write to colleges and universities on your behalf. Now is not the time to be humble! Brag about yourself! These questions are all optional, but the more material you provide, the better your letter will introduce you as a unique individual. When finished, return to the Counseling Office.

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Counselor (Circle One): Mrs. Ort Mrs. Hey Mrs. Gunning Mr. Sneeringer

ACADEMICS:

List the courses you have enjoyed the most:

Honor Roll Recognition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Provide grade level and marking periods received.

Distinguished Honor Roll Recognition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Provide grade level and marking periods received.

Other Academic Awards:

ATHLETICS:

What sports do you participate in, if any? Please include both school sponsored sports and any other sports’ club/group you belong to.

Athletic Awards:

CLUBS/ACTIVITIES:

What clubs and extra-curricular activities do you participate in that are school sponsored?

Are you involved in clubs and extra-curricular activities outside of NHS? YES NO

If yes, please list them below. (Examples: Church group, Girl Scouts, Music lessons)

Clubs/Activities Awards:

Please list any offices held in the clubs/activities that you participated in.

WORK EXPERIENCE:

Have you worked during your high school years? If so, please list the name of your job/position, the employer, approximately how many hours per week you work(ed), and the approximate start date and end date.

VOLUNTEER/COMMUNITY SERVICE:

Please list your volunteer work and approximately how many service hours were completed during each experience.

GOALS FOR THE FUTURE:

Consider both career and life goals:

COLLEGE MAJOR(S) OF INTEREST:

What is your anticipated major?

COLLEGE/UNIVERSITY CHOICES:

Do you have a first choice?

SPECIAL TALENTS OR INTERESTS:

1. Are there any factors related to your grades, academic standing, and/or standardized test scores that you would like colleges to be aware of?

2. What are your proudest personal and academic accomplishments during high school?

Personal:

Academic:

3. Briefly describe your most meaningful community service experience.

4. What extracurricular activities (in or out of NHS) have been the most meaningful to you and why?

5. List your academic strengths and give at least one example of that strength in action.

(Be specific—i.e., Problem solving, writing, creative thinking)

6. List your personal strengths and give at least one example of how you demonstrated one of them.

7. If I were to ask one of your teachers what your strengths are, what might he/she say?

8. Is there anything unusual or unique about your family—cultural background, traditions, shared interests, activities, size, travel, crises, etc.—that has had a significant impact on you? If yes, what?

9. What are your hobbies or interests outside of school?

10. If your counselor just arrived to NHS this year and met over 500 students, how could he/she **remember you**?

11. Are there any other responsibilities in your life that were not mentioned anywhere else?

12. Is there any other information you would want to give so that those writing your recommendation can make an accurate appraisal of you?