

**PHS High School
Counseling Department
"Brag" sheet**

1.) Please describe yourself (your strengths, weaknesses, personal philosophy/approach to life).

Which of your strengths is rare? For example, strategic thinker is rare, while confident or creativity is more common.

Focus on your strengths that are rare and relate/overlay them to your passion.

Examples of typical strengths: (select 3-5 to write about)

action-orientated	motivated	optimistic	organized	outgoing	patient
adventurous	precise	spontaneous	strategic thinker		
team-orientated	analytical	thoughtful	trustworthy	visionary	willpower
wise	artistic	athletic	authentic	caring	clever
compassionate	communicative	confident	courageous	creative	curious
determined	disciplined	energetic	flexible	focused	inspiring
leader					

Examples of typical weaknesses: (select 3-5 to write about)

impatient	easily bored	procrastinate	persistent	strong-willed	passive
shy	strict	short-sighted	greedy	stubborn	blunt
impulsive	bossy	takes on too much		aggressive	risk taker
perfectionist		self-critic	fearful	unorganized	

Personal philosophy/approach to life

A personal philosophy is your thoughts, beliefs, concepts, and attitudes about everything.

It is your approach to leading your life.

Examples:

To leave the world a better place than when I entered the world.

To have people think of me as a loving, caring, intelligent, collaborative, Christian person.

Your time is limited, so don't waste it doing what others want you to do.

She can't say yes, unless you ask.

Never burn any bridges."

Remember your subordinates could one day be your boss.

2.) Discuss an event or happening in your life that had a significant impact on you. How did it affect your life, both personally and academically?

Provide colorful, entertaining, and specific examples of how the event influenced your life.

Stick to the meaningful events and avoid things like "I was born....."

Write events you believe changed your life, NOT “my dad said it changed me”..it is about your own perception.

Go over memories from childhood. Try to remember things from childhood. If you remember them, they were probably meaningful. Memories given to you by others, like “this was the best day of your life”..even though you have no recollection of the day.

Think of birthdays that were especially meaningful to you, perhaps, a gift with a special memory.

Family gatherings (holidays, birthdays, anniversaries, weddings, and births, can be powerful opportunities for change of life events.

Start with kindergarten and remember friends and meaningful times at school, awards, challenges, fabulous or horrible teachers, exams, report cards, sporting events, assemblies all events that helped you become the person you are today.

Make a list of the 20 best friends you’ve had in your life and the impact they have had on you.

A magical location, inspiring, motivating, fun trip you’ve taken with family and friends. It could be a trip that made you fall in love with traveling.

Perhaps, a move, change in schools or homes or a country.

What about something someone has done for you, a kind word, an expression of trust, help or support, an act of kindness stored in your memory that has changed the way you think or your perspective or attitude.

Something unpleasant, traumatic, or upsetting, someone has done to you. Many times, reflecting on a situation or circumstance will lend to a different perspective. The reason for the question is not because we can change the past, however, to understand how events teach us about ourselves.

Maybe a fight you had with someone, a conflict, argument can be a life changer or an influencer.

Books you have read that have changed your life.

Successes and victories that have changed your life.

People you have met during your life that have changed your path and shaped your life.

3) Describe yourself using only five positive adjectives.

Following are some of the most desirable adjectives to describe a person.

Able	creative	dependable	energetic	experience
imaginative	flexible	hardworking	honest	innovative
organized	reliable	sense of humor	articulate	confidence
commercial	consistent	driven	enthusiastic	inspirational
interactive	personable	versatile		

4) In what area have you grown the most since freshman year of high school?

Possible answers include:

I have learned:

- That nothing is achieved unless you attempt it
- That I am less afraid to step out of my comfort zone
- True friends stick around during the tough times and when life gets too busy
- To relax and set priorities
- I found a love of learning
- To listen and be more understanding
- To be more outgoing
- To be more confident
- How to evaluate people and decide who to spend time with, confide in, follow and lead
- I am comfortable being different, alone and following my own path

5) Do you feel your GPA and ACT/SAT/AP test scores reflect your true academic ability and potential? Explain why or why not?

Are your courses AP level?

When taking long exams like the ACT, do you fatigue or have a hard time concentrating?

Is your GPA influenced by a challenging semester or quarter?

Universities and colleges also look at the type of GPA. For example, if you're at a high school that uses weighted GPAs, and one student has a 3.0 GPA but takes advanced classes and another student has a 3.5 GPA, but takes easy classes, the university might choose the first student, because GPAs are analyzed in context and all details are taken into consideration.

Many students feel that, while their grades may be less-than-perfect, they still are hard-working, ambitious, and growing both personally and academically.

Just because you have a low or below-average GPA, it does not mean you are not intelligent, or that you are not a hard-working student. A low GPA can mean you took harder classes to begin with.

It might also show that during some semesters, you were too distracted or overwhelmed to complete your assignments in the best way you could; or that you were figuring out how to be a student, and now you've finally figured out how to study.

Whatever the case is, your GPA is not an absolute indication of your worth as a student or whether you are smart enough for college.

What Is a GPA and Why Is It So Important? (2020, August 10). Retrieved October 27, 2020, from <https://www.mastersportal.com/articles/2126/what-is-a-gpa-and-why-is-it-so-important.html>