

BRAG SHEET

For employment and/or college recommendations

Medford High/Vocational Technical School Guidance Department

Please give copies of this completed form to anyone writing your recommendation at least **ONE MONTH BEFORE** (two months is even better!) your first college deadline.

Name:

Intended Career Path/College Major:

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Current Top Three College Choices

Deadlines (indicate if early action/decision):

Please complete this form thoughtfully and accurately so that the Guidance Counselor and teachers can write their best recommendation.

WHO ARE YOU?

1. What adjectives would you or people close to you use to describe you?

2. What are your values? What is important to you?

3. Describe your most significant personal, travel or summer experience. What made it so meaningful?

INTERESTS:

1. Outside of the classroom, what interests or activities occupy most of your time and thought? What are you most passionate about?

***Please make sure you complete this entire brag sheet (both pages front and back) before turning it in!**

2. Which activities would you like to pursue in college and to what degree?

3. Which scholastic accomplishments are you most proud of and why? If you can't think of a particular scholastic accomplishment, tell us which school subject(s) you feel most confident in.

4. Is your academic record an accurate measure of your ability? If not, what would you have done differently in high school?

5. Have you had any jobs, extracurricular or volunteer experiences that have been particularly meaningful to you and why?

6. What kinds of work can you imagine yourself doing in the future? Why?

OTHER INFORMATION:

1. Please check yes or no for the following questions:

Yes *No* Attended school outside of the Medford Public School system? If yes, when & where?

Yes *No* Did either of your parents go to college? If yes, where did they go?

Yes *No* Do you currently have any siblings in college? If yes, where do they go?

Yes *No* Will you be among the 1st generation in your family to attend college?

Yes *No* Is there another language (over then English) spoken in your home? If so, what language?

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Parent/Guardian Occupations: _____

If you answered yes to any of the questions above, please answer the related follow-up questions in the space provided below:

2. What specific experiences or situations would you like us to share with colleges in terms of accomplishments, life events (such as moving, death of a loved one, illness, or other family circumstances), learning disabilities (IEP/504), activities, or anything else that have impacted your academic performance and/or high school experience? **Please disclose ONLY circumstances you are OK with potential colleges knowing about.**

ACTIVITIES/WORK/COMMUNITY SERVICE:

ACTIVITY	School Years Involved				Hours/Week	Weeks/Year	Positions Held?	Honors/ Awards Received?
	9	10	11	12				

WORK Employer/Name Of Company	Dates of Employment	Approx. Weekly Hours	Nature of Work (clerk, delivery, etc.)

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Community Service Activity/ Organization	Date(s) Performed	# Hours	Description of Responsibilities

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**Please remember to write your teachers a thank-you note
for taking the time to write your recommendation!!**

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