

# COUNSELOR RECOMMENDATION INFORMATION FORM

*Please complete this form as thoroughly as possible.  
Return to the School Counseling Secretary-Mrs. Houde.*



Name: \_\_\_\_\_ Date: \_\_\_\_\_ School Counselor: \_\_\_\_\_

Names and ages of siblings: \_\_\_\_\_

Colleges attended by older siblings: \_\_\_\_\_

Colleges attended by parent(s):(legacy) \_\_\_\_\_

Parent's Occupations (to help determine possible scholarship opportunities) \_\_\_\_\_

Colleges you are considering \_\_\_\_\_

College majors you are considering \_\_\_\_\_

Have you ever lived in any other part of the U.S. or a foreign country? If so where and for how long? \_\_\_\_\_

What are the first words that come to mind to describe yourself? \_\_\_\_\_

***How do you rate yourself in the areas listed below?***

	Below Avg	Average	Good	Excellent Top 10%	Truly Outstanding
Motivation					
Creative qualities					
Self-discipline					
Growth Potential					
Leadership					
Self –confidence					
Warmth of Personality					
Sense of humor					
Concern for others					
Energy					
Personal Initiative					
Reaction to setbacks					

***Please use the chart below to ascertain the date your FERPA Waiver, Counselor Recommendation Form, resume and transcript requests MUST be submitted to the School Counseling Dept.***

**College Application Deadline:**

- November 1, 2022
- November 15, 2022
- December 1, 2022
- December 15, 2022
- January 1, 2023
- (due to holidays)

**Submit Forms to your School Counselor by:**

- Friday, October 7, 2022
- Friday, October 21, 2022
- Friday, November 4, 2022
- Friday, November 18, 2022
- Monday, November 28, 2022

**If you have a college application deadline earlier than November 1<sup>st</sup>, please contact your School Counselor ASAP to arrange a specific deadline for your college application situation.**

***In addition to the previous information, please continue to the other side as the following provides an excellent source of information for your counselor to use in the preparation of a letter of reference.***

*In a separate word document, please provide thoughtful answers to these questions.*

1. **Positive Qualities:** *Choose one or two positive qualities about you as a person that a college or school should know! List these and give examples of how these qualities make you special/unique.*
2. **Life Experiences:** *What “life experiences” have you had that set you apart from others?*
3. **Influences:** *Who/what has had the greatest influence in determining the person you have become, and how does that influence manifest itself?*
4. **Goals:** *Where do you see yourself in 10 years?*
5. What **extracurricular activity** have you enjoyed the most? Describe any contribution you have made to an extracurricular group or activity.
6. If you have a **vocational or career choice** (definite or tentative) please name it and comment on any particular experiences, people, etc., that have influenced that choice.
7. **What are your strong areas? In what area have you improved?** Is there a weak area you would like to improve? *(These can be academic, personal, social, etc)*
8. Is there anything on your transcript that **needs an explanation** which you would like me to reflect in my recommendation letter to colleges? For example, did your academic performance suffer in a particular class while you were remote learning during your sophomore or junior years?
9. Is there **anything you would like highlighted** in a letter of recommendation, or anything you would like to add (For example, challenges or hardships you faced and overcame, special talents, unusual experiences)? Don't be modest!!!