It is easy enough for colleges and universities to get a sense of your academic achievement through grades and test scores, but it is harder for them to know your character and how you might contribute to their campus. Admissions folks want as honest and robust a picture of you are as they can get. The counselor recommendation is one of the most effective and trusted ways to deliver the holistic image that they are looking for. As your counselor, I will write a recommendation for each of you; an overview of your unique academic and extracurricular achievements. I will share insight into who you are as a student and community member. Having written my fair share of counselor recommendations, I will tell you that the best letters come out of the details that you share in this brag sheet. The more honest and specific you are, the better the letter, so please take the time to tell me more about yourself. Do not limit yourself to only discussing what has happened to you at school. Please feel free to describe experiences and activities from any part of your life.

Hopefully the act of completing this “brag” sheet gives you a chance to reflect positively on your growth and to clarify what matters to you. Knowing what you value is an important and empowering tool to hold onto throughout the college process. By focusing on what you know you want, you are more likely to engage with school reps confidently and authentically; viewing visits and meetings as a way to test whether or not a school’s values and programs match up with your interests and ambitions. And whether you are hoping to get into a music conservatory, a liberal arts college, or an Ivy, they all want to get to know the real you. There is no magic formula or particular thing you can do to be accepted at a specific school, but being self-assured and genuine is the best crack at magic you will get.

Sincerely,

~Mrs. Leslie
BRAG SHEET

NAME ____________________________________ EMAIL _____________________________________
DATE OF BIRTH _____ - _____ - _____ Cell Phone # _______ - _______ - ____________

PART A
Some information in this section may be shared with teachers (if requested) to help in writing teacher recommendations.

FAMILY INFORMATION

Father’s Name(s) ___________________________ Occupation ___________________________
College Attended __________________________ Did not attend college: _____
Graduate School ____________________________ Did not attend graduate school: _____
Ethnicity/citizenship: ___________________________ Is this parent deceased? Y/N _____

Father’s Name(s) ___________________________ Occupation ___________________________
College Attended __________________________ Did not attend college: _____
Graduate School ____________________________ Did not attend graduate school: _____
Ethnicity/citizenship: ___________________________ Is this parent deceased? Y/N _____

Mother’s Name(s) ___________________________ Occupation ___________________________
College Attended __________________________ Did not attend college: _____
Graduate School ____________________________ Did not attend graduate school: _____
Ethnicity/citizenship: ___________________________ Is this parent deceased? Y/N _____

Mother’s Name(s) ___________________________ Occupation ___________________________
College Attended __________________________ Did not attend college: _____
Graduate School ____________________________ Did not attend graduate school: _____
Ethnicity/citizenship: ___________________________ Is this parent deceased? Y/N _____

What best matches your parents’ marital status: Married _______ Separated/Divorced _______

Sibling’s Name(s) __________________________ Age_____ College(s) attended if any ______________________
Sibling’s Name(s) __________________________ Age_____ College(s) attended if any ______________________
Sibling’s Name(s) __________________________ Age_____ College(s) attended if any ______________________
Sibling’s Name(s) __________________________ Age_____ College(s) attended if any ______________________
Sibling’s Name(s) __________________________ Age_____ College(s) attended if any ______________________
Sibling’s Name(s) __________________________ Age_____ College(s) attended if any ______________________
Sibling’s Name(s) __________________________ Age_____ College(s) attended if any ______________________
Language(s) spoken at home: _____________________________________________________________

What does your family enjoy doing together?
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

EDUCATIONAL INFORMATION

List the schools that you attended since Grade 5:

School __________________________  Grade(s) attended __________________________
School __________________________  Grade(s) attended __________________________
School __________________________  Grade(s) attended __________________________
School __________________________  Grade(s) attended __________________________

ACTIVITIES AND ACCOMPLISHMENTS

Please list your extracurricular, community, and family activities in the order of their importance and interest to you. Include specific events and/or major accomplishments such as a musical instruments played, babysitting your younger siblings, student government positions held, working at the grocery store, etc.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Grade level or Year of participation (9, 10, 11 12)</th>
<th>Approximate number of hours spent per week</th>
<th>Position held or honors won</th>
<th>Do you plan to participate in college? (Y/N)</th>
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</table>
List the honors, prizes, or awards (scholastic or not) you have received in order of importance to you, and the approximate date on which it was received:

________________________________________  _________________________________________

________________________________________  _________________________________________

________________________________________  _________________________________________

________________________________________  _________________________________________

List any activities that you participate in outside of SEM:

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

Summer Experiences Junior Year:

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

Summer Experiences Sophomore Year:

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

Summer Experiences Freshman Year:

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

Describe the most significant experience (work, study, travel, fun with friends) that you have had during the summer? What did it look like, sound like, feel like?

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Have you traveled or lived in different regions, states, countries? If so, where? What was significant about it? What did it look like, sound like, feel like?

_____________________________________________________________________________________
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Share an activity or experience you have not yet mentioned that would be important for us to know about. What did it look like, sound like, feel like?

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Additional Thoughts/Information:

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ACADEMIC SKILLS - SELF ASSESSMENT

How do your rate your reading skills?  _____ Above Average  _____ Average  _____ Below Average

How much time do you spend studying on weeknights? ________________
How much time do you spend studying on weekends? ________________

Describe where you study and how you study
___________________________________________________________________________
___________________________________________________________________________

What are your favorite subjects?
1.) __________________  2.) __________________  3.) __________________

Why are these your favorite subjects?
___________________________________________________________________________
___________________________________________________________________________

What are your least favorite subjects?
1.) __________________  2.) __________________  3.) __________________

Why are these your least favorite subjects?
___________________________________________________________________________
___________________________________________________________________________

How would your classmates describe the role you play in a class? Are you an active participant, do you have a hard time concentrating, are you a quiet listener?
___________________________________________________________________________
___________________________________________________________________________
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What do you love to learn about? Consider interests you pursue beyond class assignments like independent projects, reading, or volunteer work. Why?

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What is the most intellectually stimulating experience you have had in recent years? What did it look like, sound like, feel like?

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Have you worked up to your potential in high school? Is your academic record an accurate measure of your ability? Why or why not?

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What skill or quality about yourself will you rely on in order to be successful in college?

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Are there any circumstances (in your recent experience or background) which have interfered with your performance in school?

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INTERESTS AND ATTITUDES

Whom do you most admire most (living or dead)? Why?
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What is your favorite book? What do you love about it?
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If you could invite three people, dead or alive, to a dinner party, who would they be, and why?
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What do you do for relaxation and fun?
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How would someone who knows you well describe you? Would you agree with their assessment?
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Describe something you’ve done that made you feel extreme happiness?

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How would you describe your role at SEM?

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Who is (are) your best friend(s)? What do you admire most in them?

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Describe the groups at SEM. Which one(s) do you belong to? Describe what the group cares about /values?

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What do your parents expect of you? Have they expressed specific plans/goals/ambitions for you?

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How have their expectations influenced the goals and standards you set for yourself?

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**STRENGTHS / WEAKNESSES / CHALLENGES**

What is your greatest strength?
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What is your greatest weakness?
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How have you grown or changed during high school?
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If you could have one ‘do over’ in your life, what would you do differently?
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Describe a time when you told the truth, but it hurt you.

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Do you ever find there are things about you that people misunderstand? What are they?

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Anything else?

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** Thank you for taking the time to complete this form. Please make a copy for yourself and then turn it in to me. You may then schedule your first college meeting of your senior year. I will not accept incomplete sheets. This exercise is as valuable for me as it is for you.

Please let me know if you have any questions! ~Mrs. Leslie