

## Senior Profile for Letter of Recommendations AND Common App

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

Weighted GPA: \_\_\_\_\_ Unweighted GPA: \_\_\_\_\_ SAT or ACT score: \_\_\_\_\_

**Your senior profile should be completed and submitted to your letter of recommendation writers before or by the time you request a letter from them. You may type out your responses if easier and return via email.**

**Please provide short responses for the following:**

- Please list the colleges / universities that you are strongly considering applying to in the fall.
- List and **give specific examples** your 3 most distinguishing or most admirable qualities:
  - 1.
  - 2.
  - 3.
- What is your most outstanding accomplishment or experience to date and why you take pride in it?
- What have you done to demonstrate leadership?
- A value is something we cherish and is not open to compromise. Describe one of your values and explain why it is important to you.
- Explain the most valuable thing you have learned in high school?
- How have you shown growth over the course of high school?
- Do you feel like your grades represent your abilities? Why or why not?

- What do you hope to accomplish in college and life after? Why? Consider your career goals and broader goals.
- How do you plan to get involved at your college campus and make a positive impact?
- What are your favorite areas of study and why?
- List any awards or honors you have received.
- What is going to differentiate you from other applicants?
- Are there any personal or family experiences that have had a strong impact on you that you would like me to discuss in your letter of recommendation? Any unusual circumstance?
- What are your responsibilities outside of Stoney Creek?
- List **ALL** inside and outside of school activities and the number of hours you weekly spent on the activities **or** the total number of hours spent on the activity.

**Activities**

Which Grades(circle) Hours Weekly # of Total Hours Description of Activity

	9/10/11/12			
	9/10/11/12			
	9/10/11/12			
	9/10/11/12			
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