



NORWALK HIGH SCHOOL COUNSELING DEPARTMENT

STUDENT REQUEST FOR COUNSELOR RECOMMENDATION

Directions to Student: You should complete BOTH sides of this form & submit it to your counselor at least **four** weeks prior to your FIRST application submission deadline. Your counselor appreciates you being as detailed as possible so please be very thoughtful about your responses. Please feel free to attach additional pages if more space is needed.

First Application Deadline: _____

Student's Name _____

Counselor's Name _____

Student's Cell Phone # (____) _____ - _____

Student Personal Email _____ @ _____

DATE RECEIVED STAMP <i>(office use only)</i>

1. Your Colleges/Major: Please list the schools to which you are applying and your intended major or area(s) of interest.

2. Academic History: Please report on any academic situation that may need an explanation, ex. "I was not able to take Spanish IV due to a schedule conflict."

3. World of Work: Describe in detail any work experiences you have had since 9th grade.

(please see reverse side for additional questions)

4. Personal History: Tell me anything about you, your family and/or a personal situation that has helped you become the person you are. You can also write about something that has impacted you greatly or posed a major obstacle.

5. Extracurricular/Community Service Involvement: Please list any notable achievements you have made in your school-related (i.e. sports, clubs) and/or community activities (i.e. religious, volunteer, etc.) since 9th grade. Please explain your specific involvement in the activity & include any proud moments, feelings, etc.

6. Summer/Travel: Please describe any interesting summer/travel experiences you have had and how the experience has shaped the person you are today.

7. Additional Comments: Is there anything else that you feel would be helpful for me to include in your letter of recommendation?

Please return this form, completed in its entirety to your School Counselor, prior to submission of your 1st application!