

Monomoy Regional High School  
Guidance and Counseling Department  
75 Oak Street, Harwich MA 02645  
Ph: 508-430-7200  
CEEB: 220965

**Request for Letter of Recommendation-Counselor**

**\*\*Save this to your google drive, complete it, and email it to your counselor.\*\***

Name: \_\_\_\_\_

Intended Major: \_\_\_\_\_ Date: \_\_\_\_\_

**This form is due to your guidance counselor no later than  
two weeks prior to your earliest deadline.**

**\*My first deadline is:**

**Schools you are applying to:**

**Application deadlines:**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

1. Who have you asked for your letters of recommendation?

2. Have you taken the SAT's/Plan for SAT's?

3. List five words that describe you well. Tell me why.

4. List any experiences that have profoundly affected your life.

5. What are the personal qualities that make you stand out from your peers?

6. What were your academic strengths throughout high school?

7. Describe an instance of personal growth you experienced over the past 4 years.

8. What career path have you chosen and why?

9. Is there anything you would like an admissions office to know about you?

**\*\*Please list your athletics and extracurricular activities, achievements and accomplishments, employment history, volunteer service, personal commitments.\*\***

<b>Activity/Achievement/Job/Course</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>Leadership, Honors, Awards, etc.</b>

Any additional information to share:

\_\_\_\_\_  
 Electronic Signature and Date