Student Name: _____
Counselor Name: _____
Date Needed:_____

Student Self-Assessment for Counselor Recommendation

Fill this form out after asking your counselor if they mind writing you a letter of recommendation.

1. What 3 or 4 words would you use to describe yourself? <u>You must give examples of why you chose these 3 or 4 words in the next few pages.</u>

   _____ _____ _____ _____

2. What legacy will you leave at Dawson High School? How will you be remembered?

3. Tell me something interesting, different, or unusual about yourself. Examples: during the summers you volunteer with homeless kids, you've accomplished a big task, etc.

4. Describe your involvement in any activities in which you voluntarily helped others.

5. Have there been any big events that have had a major impact on your life? Describe any difficult times or crisis you have had to cope with. Did they affect your school performance? If so, how?

6. List your 1 or 2 most distinguishing or most admirable qualities. Write about them in a few sentences.

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7. What are your general academic strengths and why? Are you considering these areas as a major or career? If not, what is your intended major and why?

8. Is there anything on your transcript that needs to be explained? Is there anything that is unclear or could appear worse than it really is?

9. List and discuss those achievements of which you are most proud.

10. Please describe something you've done which demonstrates that you possess a relatively high level of maturity and/or independence.

11. What do you think should be said about you in a recommendation? Do you have any additional suggestions on how I can make you stand out as being unique? How can I get an admissions or scholarship officer to remember you as someone special? Is there anything else you would like to tell me?