



**La Mirada High School**  
Counseling Department

**SENIOR BIOGRAPHICAL DATA SHEET**  
*"SENIOR BRAG SHEET"*

**Directions:**

✍ Request it ***at least two weeks in advance*** to give the recommender sufficient time to write the letter and be mindful of holiday breaks, which may delay your request and may affect your college application deadline.

✍ The Senior Biographical Data Sheet is composed of two parts: Reflective Insight Questions and List of Activities. Remember the recommender wants to write a great letter on your behalf, so it is very important that you take the time to answer each question thoroughly.

✍ Please fill out this form as accurately and completely as possible. Your counselor and teachers will use this information in recommending you for scholarships, college admission, and other honors/awards.

<b>Student Information</b>	
First Name: _____	Last Name: _____
Home/Cell Phone: _____	Email address: _____

<b>Student Family Information</b>	
Name of the parents you live with: _____ <div style="text-align: center; font-size: small;">           Father ( )    Steppather ( )    Mother ( )    Stepmother ( )    Other ( )         </div>	
Father's Job Title: _____	Mother's Job Title: _____
Father's Highest Education: _____	Mother's Highest Education: _____
Other Guardian(s): _____	
Are you receiving free and/or lunch? ___ Yes    ___ No	
Do you live with another family due financial reasons? ___ Yes    ___ No    Or in foster care? ___ Yes    ___ No	
How many live in your house: _____	
How many brothers? _____ Ages? _____	Sisters? _____ Ages? _____
Are you the first one in your family to graduate from high school? ___ Yes    ___ No	
Are you the first one in your family going to college? ___ Yes    ___ No	
How many siblings have attended college? _____	
Is a foreign language spoken in your home? ___ Yes    ___ No    What Language? _____	
Are you bilingual in that language? ___ Yes    ___ No    Have you ever lived in a foreign country? ___ Yes    ___ No	
Where _____    How Long? _____	

**\*Part I: Reflective Insight Questions**  
**\*Please attach additional sheets of paper if necessary.**

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| 1. Are you excited to explore a particular academic major or career in college? If yes, which area of study and why?   |
| 2. List any schools you are considering at this time. Do you have a "dream school?"  |
| 3. What would you consider to be your most outstanding accomplishment thus far, academic and personal?   |
| 4. Talk about an event or happening in your life that had a significant impact on you. How did it affect your life, both personally and academically?                                |
| 5. List five positive adjectives (or phrases) that describe you and explain each by using a personal anecdote.<br>a.<br>b.<br>c.<br>d.<br>e.   |
| 6. What do you consider your three greatest academic strengths and weaknesses? Please briefly explain your answers.  |
| 7. What do you consider your three greatest personal strengths and weaknesses? Please briefly explain your answers.  |
| 8. Are there any factors or circumstances in your life related to your grades or admission test scores that you would like colleges to be aware of?                                  |
| 9. If you need financial aid from outside of the family in order to carry out plans for further education, you may (if you wish) describe any circumstances that make aid necessary. |



### Athletic Teams/Band

(Starting with the most recent: list name of sport, grade level(s), sport level and award/recognition.)

Sport	9	10	11	12	Sport Level (Varsity/JV/Frosh-Soph)	Award/Recognition

### Work Experience

(starting with the most recent: list name of employer, grade level(s), total hours, position held, duties and description)

Employer	9	10	11	12	Hrs/Wk	Position Held	Duties and Responsibilities

### Awards/Honors

(Starting with the most recent: list name of award/honor, grade level(s) and reasons for receiving the award/honor.)

Award/Honor	9	10	11	12	Reason(s) for Receiving the Award/Honor

### Special Interests, Hobbies and Talents

Interest, Hobby or Talent	Briefly Describe Your Interest, Hobby or Talent