



LBHS Counseling Services
Academic and Career Planning

SENIOR PROFILE SHEET for Letter of Recommendation

Letters of recommendation are an important part of college and scholarship applications. Students are encouraged to answer the following questions and give to the individual writing the letter of recommendation.

FULL NAME: _____ Student ID: _____

Colleges Being Considered:

College #1:	College #2:	College #3:
College #4:	College #5	College #6:

List three words which describe you or you have heard teachers/parents/ and/or friends have used to describe you:

_____, _____, _____

Construct a short narrative that describes how you have connected your experiences (coursework, volunteer experiences, job shadowing, etc) to your goals:

Identify your educational goals? Ideas about a major? A career direction?

What are two or three activities/interests (school or community) which have meant the most to you? Give examples of leadership, initiative, responsibility, and significant impact you have made.

- 1. _____
- 2. _____
- 3. _____

How have you grown or changed since your freshman year? Identify courses you excelled in and any projects you are proud of:

Provide any examples of a difficult situation or a challenge that you overcame and how it helped you to learn and grow.

How do the courses and grades on your transcript portray you?
