

Saint John's Catholic Prep Student Brag Sheet

Directions: Students, please take the time to answer the following questions thoroughly and thoughtfully. Write complete sentences, where appropriate. This information will help staff write letters of recommendation for you that can be used for the following post high school plans: college, business/trade school, military, and/or workforce. The more information you provide, the more your recommendation will reflect your strengths. If you have a significant summer experience, please give an addendum to your counselor in September. Please answer all questions!

Any information shared in this brag sheet may be mentioned in your letter of recommendation. If you do not want your counselor to write about something personal that you have shared, please speak with your counselor after you submit.

Turn this packet by printing it and giving it to your counselor or Mrs. Seymour.

Student Full Legal Name	
Date of Birth	

1. List three adjectives you think best describe you and why – look through this list of descriptors if you're not sure: <https://www.weareteachers.com/adjectives-to-describe-a-person/>

Adjective	Explanation – what evidence from your behaviors and interactions with other/daily actions/personal experiences support this description of you?

2. Put yourself in the shoes of a teacher, family member or a close friend – what are the words/personality traits they would use to describe you and WHY.

Name of Person	Role in your life	Description of you and why

3. What are 3 things that you enjoy doing in your free time and why?

Activity	Description of the activity (if necessary) and why do you enjoy it?

4. What are 2 academic areas that have been the most challenging for you and steps you have taken to overcome them? This can be a particular subject area or a specific academic skill (writing, being organized, turning assignments in on time, coming to teachers for outside help, etc.)

Area of Improvement	Why was this challenging for you?	What steps have you taken to overcome this challenge?

5. What do you believe are your academic strengths and how do you show these strengths? These should be associated with SKILLS, not necessarily subject areas. For example: "I'm a fast learner; I challenge myself; I use critical thinking skills; I am creative thinker; I am a problem solver; etc."

Academic Strength	How do you show that strength (through your schoolwork, through your assignments, in class and outside of the classroom.)

6. What do you want to study in college and/or what are your post high school/post college career goals?

Question	Response
What do you want to study in college?	
Briefly describe (1-3 sentences) why it interests you.	
What are your post-high school/post-college career goals?	

7. Explain how your academic record is or is not an accurate reflection of your ability. Are there any health problems and/or personal problems/challenges that may have affected your school performance that you would like to share with your counselor?

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8. Explain a time when you experienced a setback/obstacle (academic, personal, social). How did you handle it?)

Describe the setback/obstacles – provide details about the situation or the obstacle itself.	How did you handle it at the time? Provide specific details.	What have you learned from this experience?

9. What other information would you like to know about you that could help set you apart from other students? Take advantage of this opportunity to help us present you in the best light possible!

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