

Request for Counselor Letter of Recommendation

Please return this completed form to your guidance counselor to assist them in writing a letter of recommendation for you. Thank You!

CONFIDENTIALITY STATEMENT

In accordance with the Federal Family Educational Rights and Privacy Act of 1974,

I do ____ I do not ____ waive my right to review this recommendation.

Student Signature /Date

Student's Name: _____

College Major: _____

I would very much appreciate it if you would be able to write a letter or recommendation for me.

1. List three or four adjectives that describe you both academically and personally.

2. Describe your "x-factor", that quality about you that makes you unique and different. Be specific with examples.

3. Any circumstances in your life that might have had a negative impact on your academic performance? Ex. Family illness, change in lifestyle due to unforeseen circumstances etc.

4. Which of your activities/ accomplishments are you the most proud of and why?

5. What do you consider to be your academic weakness and what have you done to overcome that weakness?

6. What is the most important thing you want the colleges to know about you?

7. Your "One sentence philosophy of life".

Name: _____

School Activities/Athletics

Activity/Sport	Years (9, 10, 11, 12) Participating	Leadership/awards, recognition

Out of School Activities/Community Service/ Employment

Activity	Years (9, 10, 11, 12) Participating	Describe involvement: (Hours per week, positions held, etc.)

Awards, honors, recognitions	(In/out of school, academic, athletic, etc.)