

STUDENT INFORMATION SHEET FOR RECOMMENDATIONS

Students: The purpose of this data sheet is to obtain background information for use in the post-secondary planning process. Completing this form will help students organize and summarize information about them that will be useful in assessing their college options, preparing for interviews, writing essays and completing future college or scholarship applications. *Letters of recommendation cannot be written by your counselor if this is not completed and returned.*

STUDENT NAME _____ YEAR OF GRADUATION _____

Home or Cell phone # _____ E-mail _____

QUESTIONS ABOUT YOU:

- List school and community activities and any work experience in which you have been involved OR attach a separate sheet. *Activities (clubs, committees, music, drama, dance, art, sports, work, volunteerism: community service):*

Activity	9	10	11	12	Office/Leadership position held. Sports – did you letter?	Hours per week

- Circle four or five qualities that best describe you: (Think about how someone who knows you might describe you):

Creative	Scientific	Tolerant	Disciplined	Conscientious
Concerned	Confident	Curious	Independent	Motivated
Self-starting	Competitive	Persistent	Assertive	Industrious
Respectful	Intellectual	Enthusiastic	Resourceful	Responsible
Flexible	Friendly	Other qualities		

For one or two of the items circled, cite an example or briefly describe a specific incident to support the self-assessment.

3. Please describe something you are passionate about:

4. What extra-curricular activity has been most meaningful to you? Why?
In what ways do you think these experiences have contributed to your total growth?

5. What experiences have you encountered to support your present career interest (i.e., volunteer work at a hospital to demonstrate your interest in nursing.)

6. What events/experiences have shaped your growth and way of thinking?

7. In what way have you overcome a setback or disappointment? What insight did you gain from that experience?

8. What are your proudest accomplishments?
 - A. Academic:

 - B. Personal:

9. Is your academic performance an accurate reflection of your ability? Please explain any special circumstances that might have interfered with your academic performance? (Illness, home responsibilities, language barrier or learning issues?)

10. Who has had the greatest influence in your life? Explain:

11. Colleges are always looking for "uniqueness" in a student. What are your unique gifts and strengths? What makes you different from other students?

COLLEGE CHOICE:

12. Do you want to be:

- (1) Able to come home in an hour or so every weekend?
(2) Able to come home in a half-day's drive?
(3) Able to come home only on vacations?

13. Do you prefer Large city Suburb Small city

14. What would you like to study in college? _____

15. Do you plan on playing a sport in college? ___ Yes ___ No Which one? _____

16. If you answered yes to question number 15, have you registered with the NCAA Clearing house? ___ Yes ___ No

17. Are there any colleges you are considering at present:

(1) _____ (2) _____

(3) _____ (4) _____

18. Are you the first person in your family to attend college? Yes or No

19. If you wish, explain any special circumstances that would necessitate you receiving financial aid for attending a college of your choice.

20. What additional information do you wish to provide which may be helpful in writing your recommendation (i.e. travel, etc...)? (Use back)

