

Counselor Recommendations: Student Self-Assessment



This form assists your counselor in writing your recommendation. The more specific details you can give, the more thorough your college recommendation will be. This form will also help you with the entire application process, especially in preparing for interviews and writing admissions essays. Take this opportunity to “tell your story.” Please type your responses to these questions and return them to your counselor no later than one month before your recommendation is due. (Deadlines are on the back.) You can also email them to your counselor: firstname.lastname@bvsvd.org. Thank you!

Academic:

1. Describe the academic accomplishment (major paper, science experiment, artistic project) you are most proud of, and tell why you take pride in it.
2. What kind of learner are you? Which academic setting or assignments make you thrive? What interests you?
3. What do you hope to accomplish in college and after? Consider your potential major, career goals, and your broader goals.
4. Is your high school academic record an accurate measure of your ability, motivation, and potential? What circumstances have interfered with your academic performance (i.e. travel, personal loss, life-altering event, etc.)?
5. Please give the name of one teacher I can interview about you.

Extracurricular:

6. *School* activities: List the activities you have participated in, the number of years, and the amount of time per week you spent, and what you have gained or learned from each activity. Consider artistic, athletics, literary, community service, and leadership positions. (You may submit a resume in place of answering this question.)
7. Which activity was most important to you and why?
8. What do you consider your most important activities *outside of school*? List jobs, paid or voluntary; religious activities; hobbies; travel; music; art; and drama. Include the number of years and the amount of time you spend weekly and explain why this activity is significant to you.

Personal Qualities:

9. List your three most distinguishing or most admirable qualities. Explain each in several sentences.
10. Explain how you have demonstrated leadership, delegation, adaptability and the ability to compromise. Give examples.
11. Describe a challenge or set-back you have faced in your life and the skills you used to deal with it. Be sure to include what you have learned about yourself and others as a result of this challenge.
12. As bizarre as it seems, all A's, AP or IB classes, 1400 SAT's do not guarantee students admission to the most selective school. We need to find ways to distinguish you from other students! Please write about things which would help to differentiate you from other students. What makes you unique? What gifts distinguish you?