

Name _____

STUDENT "BRAG SHEET" FOR COLLEGE RECOMMENDATIONS

We believe that you should have some input into the letters of recommendation that we write to colleges and universities on your behalf. Your responses to these questions will be very helpful to your teachers and your counselor. Please complete this form and return it to the Guidance Office.

<u>SETON CLUBS AND/OR ATHLETICS :</u> (Please list in order of importance/priority for you.)	OFFICE HELD/POSITION	YEAR
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

<u>CLUBS/ATHLETICS/PROGRAMS OUTSIDE OF SETON</u> (i.e., church group, Girl Scouts, sports program, musical group, theater. List in order of priority/importance.)	OFFICE HELD/POSITION	YEAR
_____	_____	_____
_____	_____	_____
_____	_____	_____

<u>VOLUNTEER/COMMUNITY SERVICE:</u> (If you have reported all of your service hours to Seton feel free to attach a printout of your service hours instead of writing this out.)	YEAR
_____	_____
_____	_____
_____	_____
_____	_____

<u>SUMMER PROGRAMS (WITH DESCRIPTIONS):</u>	YEAR
_____	_____
_____	_____
_____	_____

CAREER GOALS:

COLLEGE MAJOR(S) OF INTEREST:

COLLEGE OR UNIVERSITY CHOICES:

SPECIAL INTERESTS OR TALENTS:

Please complete the following: (If you need more space than provided please feel free to write on the back or attach additional sheets.)

1. Are there any factors related to your grades and/or standardized test scores that you would like colleges to be aware of?

2. What personal and/or school-related circumstances (if any) have interfered with your academic performance?

3. What are your proudest **personal and academic** accomplishments during high school?

Personal:

Academic:

4. Briefly describe your most meaningful community service experience.

5. What extracurricular activities (in or out of Seton) have been most meaningful to you and why?

6. List your academic strengths and give at least one example. (Be specific—i.e., problem solving, writing, creative thinking. Do not just list your strong subject areas.)

7. List your personal strengths and give at least one example. (Be as specific as possible.)

8. Have you worked during your high school years? If so, please list the name of your job and approximately how many hours per week you work. (Please distinguish between the summer and school year, i.e., Panera Bread, 40 hrs/week during the summer; 10 hrs/week during 11th and 12th grade school year; or Six Flags, 40 hrs/week summer only.)

9. Is there anything unusual or unique about your family—cultural background, traditions, shared interests and activities, family size and your place in order of the children, travel, crises, etc.—that has had a significant impact on you?

10. What are your hobbies or interests outside of school? If reading is one of your hobbies, what do you like to read?

11. Are you fluent in any other language(s)? If yes, which one(s)?

12. If your counselor just arrived at Seton this year and met over 500 students, how could she remember you?

13. Is there any other information you would want to give so that those writing your recommendations can make an accurate appraisal of you?