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| **Directions** | Students must complete this form if requesting a letter of recommendation from their school counselor. We would like your letter to be an accurate reflection of your history and abilities; therefore, it is important that you answer the questions honestly and with as much detail as possible. Please return this “Brag Sheet” by the following deadlines:

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| **Your Forms Are Due By:** |  | **If Your First College Application Deadline is in…** |
| SEPTEMBER 23rd  |  | November 1 |
| OCTOBER 21st |  | December or January |
| DECEMBER 9th |  | February or Later |

 |

Your Name: Click or tap here to enter text.

Your Email: Click or tap here to enter text.

When is your first college application deadline? Click or tap here to enter text.

Which teacher(s) will be writing additional letters for you? Click or tap here to enter text.

**STUDENT SELF-APPRAISAL**: (feel free to attach additional pages if you need more space)

1. What major do you plan to pursue and why? *If undecided, please describe your academic interests.*

Click or tap here to enter text.

1. Describe your career and broader life goals. *How do you imagine your life ten years from now?*

Click or tap here to enter text.

1. How would you describe yourself? *What are your best qualities? What aspects of yourself are you particularly proud of or make you unique? Please list some qualities and describe.*

Click or tap here to enter text.

1. Excluding siblings, will you be the first person in your immediate family to attend college?

Click or tap here to enter text.

1. Are you fluent in any language other than English? *If so, please list.*

Click or tap here to enter text.

1. How do you think teachers view you as a student?

Click or tap here to enter text.

1. Describe your most rewarding high school experience(s). *Think about activities you have been involved in, challenges you have faced, or noteworthy accomplishments you have attained. What did you gain from this? How does it demonstrate your strengths, skills, or character?*

Click or tap here to enter text.

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1. How would you like to be remembered after you leave RCHS?

Click or tap here to enter text.

1. If you were writing your own letter of recommendation, what else would you want to make sure to include about yourself? *What are the most important things that colleges should know about you that you want your counselor to mention?*

Click or tap here to enter text.

1. Is your high school transcript an accurate measure of your ability and potential? *Have you had any health, family, or personal circumstances that you would like your counselor to mention in your letter? Explain.*

Click or tap here to enter text.

ACTIVITIES AND AWARDS LOG

Please include any noteworthy activities or accomplishments you have attained during high school. You may attach additional pages if you need more space. In the third column, please provide any information that will help your counselor describe your involvement, such as: what the activity/award involved, any leadership positions held, the time commitment needed, etc. **In lieu of completing this log, you may submit a copy of a resume (recommended).**

**In School Activities** (Clubs, Sports, Significant Class Projects, Committees you are on, etc.)

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| --- | --- | --- |
| Activity | Dates/Grades | Comments/Description |
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**Out of School Activities** (Volunteer Work, Religious Groups, Community Involvement, etc.)

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| --- | --- | --- |
| Activity | Dates/Grades | Comments |
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**Work / Employment Experience**

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| --- | --- | --- |
| Job/Employer | Dates/Grades | Comments |
| Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |
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**Honors/Awards/Certifications Received**  (These can be from the school or from organizations outside of school. Be sure to list certifications from CTE courses or Language courses too!)

|  |  |  |
| --- | --- | --- |
| Activity | Date | Comments |
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***PARENT/GUARDIAN SECTION:***

Parent/Guardian Name: Click or tap here to enter text.

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| **Directions** | A counselor’s responsibility in preparing recommendations for a student is to provide a summary of academic, extracurricular, and personal achievements. To that end, your student has completed a self-appraisal, but we would like to ask you for information ***if you would like to share.*** This is not a required form. It is just an opportunity to gain more insight in order to best convey your student’s unique qualities and background. If completed, please have your student return this form (with the rest of the packet) to the school counseling office or you may email a copy directly to your student’s counselor. Please feel free to use the back of this sheet or attach additional sheets as needed.  |

**TO BE COMPLETED BY A PARENT OR GUARDIAN:**

What adjectives would you use to describe your student? Explain.

Click or tap here to enter text.

What outstanding accomplishments do you feel your student has achieved since beginning high school?

Click or tap here to enter text.

What are your student’s greatest strengths?

Click or tap here to enter text.

In what ways do you think that your student could enhance a college/university campus?

Click or tap here to enter text.

Do your student’s grades reflect his/her true ability and potential? Explain.

Click or tap here to enter text.

Please provide any additional information about your student or your family below that you think might be helpful to have shared in a letter of recommendation.

Click or tap here to enter text.