## Rockbridge County High School Counseling Office Recommendation Letter Brag Sheet

Students must complete this form if requesting a letter of recommendation from their school counselor.

l i r	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 both this "Brag Sheet" by the following deadlines:		
e	Your Forms Are Due	If Your First College Application Deadline is in	
t	By:	.,	
li	SEPTEMBER 23rd	November	
0		December or January	
n	DECEMBER 9th	February or Later	
S	Your FERPA form and Blue Sheet, with	th signatures, are due to Ms. van Ravenswaay asap.	
Yo	ur Name:		
Yo	ur Email:		
Wł	nen is your first college application deadline? _		
	•		
Wł	nich teacher(s) will be writing additional letters	for you?	
<u>ST</u>	UDENT SELF-APPRAISAL: (feel free to attac	ch additional pages if you need more space)	
1.	What major do you plan to pursue and why?	If undecided, please describe your academic interests.	
2	Describe your career and broader life goals	How do you imagine your life ten years from now?	
۷.	Describe your dateor and broader me godie.	Toward you magnit your me ten youre non new	
	•		
3.		your best qualities? What aspects of yourself are you	
	particularly proud of or make you unique? Ple	ease list some qualities and describe.	

	Student Name:
4.	Excluding siblings, will you be the first person in your <u>immediate</u> family to attend college?
5.	Are you fluent in any language other than English? If so, please list.
6.	How do you think teachers view you as a student?
7.	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?
8.	How would you like to be remembered after you leave RCHS?
9.	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?
10	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.

Student Name:		
	ACTIVITIES	AND AWARDS LOG
additional pages if you need more describe your involvement, such a needed, etc. In lieu of completing	ivities or accomplish space. In the third cos: what the activity/ag this log, you may	ments you have attained during high school. You may attach olumn, please provide any information that will help your counselor ward involved, any leadership positions held, the time commitment submit a copy of a resume (recommended).  lass Projects, Committees you are on, etc.)
Activity	Dates/Grades	Comments/Description
(Example: Varsity Soccer Team)	9 <sup>th</sup> – 12 <sup>th</sup> grades	Starting Goalie; Team went to State Championship 11 <sup>th</sup> grade. Co-Captain during Junior and Senior Years
Out of School Activities (Volu	nteer Work, Religio	ous Groups, Community Involvement, etc.)
Activity	Dates/Grades	Comments
Work / Employment Experien	ce	
Job/Employer	Dates/Grades	Comments
(Example: Cashier at Wendy's)	06/2015 - present	I work 20 hours / week in summer and 10 hours / week during school. I manage the register, schedule shifts, clean restaurant
Honors/Awards/Certifications	s Received (The	se 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

(Example: Soccer 2010-2017 Currently working on Eagle Badge

St	udent Name:
'are	nt/Guardian Name:
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 <i>if you would like to share.</i> 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.
O E	E COMPLETED BY A PARENT OR GUARDIAN:
Vha	t adjectives would you use to describe your student? Explain.
Vha	t outstanding accomplishments do you feel your student has achieved since beginning high school?
Vha	t are your student's greatest strengths?
ln w	nat ways do you think that your student could enhance a college/university campus?
Do y	our student's grades reflect his/her true ability and potential? Explain.
	se provide any additional information about your student or your family below that you think might be ful to have shared in a letter of recommendation.