

Student Name: _____

4. Excluding siblings, will you be the first person in your immediate 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.*

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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.)

Activity	Dates/Grades	Comments/Description
<i>(Example: Varsity Soccer Team)</i>	<i>9th – 12th grades</i>	<i>Starting Goalie; Team went to State Championship 11th grade. Co-Captain during Junior and Senior Years...</i>

Out of School Activities (Volunteer Work, Religious Groups, Community Involvement, etc.)

Activity	Dates/Grades	Comments

Work / Employment Experience

Job/Employer	Dates/Grades	Comments
<i>(Example: Cashier at Wendy's)</i>	<i>06/2015 - present</i>	<i>I work 20 hours / week in summer and 10 hours / week during school. I manage the register, schedule shifts, clean restaurant...</i>

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
<i>(Example: Soccer)</i>	<i>2010-2017</i>	<i>Currently working on Eagle Badge</i>

Student Name: _____

Parent/Guardian Name: _____

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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.

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

What are your student's greatest strengths?

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

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

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.