Student Name: _____

Student Brag Sheet

Recommendation letters can have an important impact on you getting into a college or earning a college scholarship. College admissions officers and/or members of a scholarship selection committee want more than a list of descriptive academic adjectives of a list of personal traits, activities or honors. To say that you are *responsible, creative or possess intellectual curiosity* is not enough. You must provide examples or anecdotes that support these personal or academic traits. This helps the reader gain insight into your true essence. Our task it to help the reader of the letter of recommendation, distinguish you from other qualified applicants.

Directions: The tasks that follow will help me write an effective letter of recommendation for you. *You don't have to answer all questions*. However, the more information you provide, the more likely it will be that I will be able to write you a good recommendation letter.

Task 1: Describe yourself – What are the first words that come to mind to describe yourself?

1. _____ 4. _____
2. _____ 5. _____
3. _____ 6. _____

Task 2: Family Background – Is there anything unusual about your family (cultural background, shared interests and activities, travel, size, crisis, etc.) that has had a significant impact on your personal or academic life?

_____

_____

_____

_____

_____

Task 3: Personal/Academic Traits – Examine the academic and personal traits listed below. Rate yourself using the following scale: 1 = Below average, 2 = Average, 3 = Good, 4 = Very good, 5 = Outstanding

_____Initiative/motivation	_____Leadership/influence	_____Emotional maturity
_____Intellectual curiosity	_____Integrity	_____Sense of humor
_____Creativity	_____Concern for others	_____Reaction to setbacks
_____Energy	_____Responsible	_____Tolerance for differences

Directions: Next, select your top two traits. Provide and example(s) or an anecdote that explains why you selected it as your most important trait. Explain why you selected the traits below as your two most important.

Top Trait: _____

_____

_____

_____

Student Name: _____

Second Highest Trait: _____

Task 4: College Choice – List the colleges you plan on applying to in order of preference:

1. _____ 4. _____
2. _____ 5. _____
3. _____ 6. _____

Directions: Explain why you are choosing to apply to your top college. Why is this college a "good fit" for you? What are the qualities that the top college looks for in their applicants?
(Having trouble? Check the college catalogue. Most college catalogues describe the qualities they want in their students.) Find this paragraph and make a copy and attach it to this packet.

Task 5: Intended College Major/Career Goal (If you are unsure of what your major or career goal will be, move in to Task 7).

Major: _____

Career Goal(s): _____

Why have you selected this major/career goal?

Student Name: _____

Task 6: Favorite Academic Subjects – What academic subject(s) are most interesting to you? Why? How does this subject connect with your career goal?

Task 7: Greatest Academic Strengths – What are your greatest academic strengths? Explain.

Task 8: Greatest Areas of Weakness – What are some areas you need to improve in? Explain.

Task 9: Athletic Abilities and Accomplishments – What sports have you participated in? List them below along with the years you participated and/or any special recognition (Team Captain, MVP etc.) you received.

Sport	**Circle Years**	**Special Recognition/Honors/Awards**
_____	Fr So Jr Sr	_____
_____	Fr So Jr Sr	_____
_____	Fr So Jr Sr	_____

Student Name: _____

In what ways has your athletic involvement impacted your personal development?

_____

_____

_____

_____

_____

_____

_____

Task 10: Extra-Curricular Activities – List the extra-curricular activities and circle years you have participated.

1. _____ Fr So Jr Sr 2. _____ Fr So Jr Sr

3. _____ Fr So Jr Sr 4. _____ Fr So Jr Sr

Which of these extra-curricular activities was most important to you? Explain.

_____

_____

_____

_____

_____

_____

_____

Task 11: Community Service – In what organizations or activities outside of school have you participated?

1. Organization Name: _____ Total Hours: _____

Activities Performed:

_____

_____

2. Organization Name: _____ Total Hours: _____

Activities Performed:

_____

_____

Student Name: _____

Which community service activity was most meaningful to you? Explain.

_____

_____

_____

_____

Task 12: Leadership Experiences – Describe any leadership roles you have taken in your community service activities OR at school. List the activity or office and describe what you did.

1. Leadership Role: _____ **Years Held:** _____

Organization Name: _____

Activities Performed:

_____

_____

2. Leadership Role: _____ **Years Held:** _____

Organization Name: _____

Activities Performed:

_____

_____

What makes *you* a successful leader?

_____

_____

_____

_____

_____

_____

Task 13: Overcoming Adversity – Explain any situations that required you to overcome challenges, adversity, or obstacles (divorce, accident, illness, etc.)

_____

_____

_____

_____

_____

_____

_____