

Student Name: _____ Student ID: _____

Harding University High School School Counseling Department

Student Brag Sheet

Recommendation letters can have an important impact on you getting into a college or earning some type of scholarship. College admissions officers and/or members of a scholarship selection committee want more than a list of descriptive academic adjectives or 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 that support who you are as an individual (personal or academic traits.) This helps the reader gain insight into who you are and to see yourself. Your goal is to help the reader distinguish you from other qualified applicants.

Directions: Try to answer all the questions. The more information you provide, the more likely it will be that I will be able to write you a good recommendation letter. KEEP IN MIND...you know yourself better than I do!

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

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

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?

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 an example(s) that explains why you selected it as your most important trait. Explain why you selected the traits below as your two most important. DETAILS PLEASE

Top Trait: _____

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Second Highest Trait: _____

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.

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: _____

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

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

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

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	_____

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

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.

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: _____

Student ID: _____

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?

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

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14: Work Experience: Describe your most significant work experience – employer, length of employment, position, and responsibilities. What lessons did you take away from this experience?

Employer: _____ **Length of Employment:** _____

Responsibilities: _____

Lessons Learned: _____

15: Test Information – Fill in your test scores and the month and year the test was taken for each score.

SAT Reasoning: Verbal: _____ / **Date:** _____ **Math:** _____ / **Date:** _____

Writing: _____ / **Date:** _____

SAT Subject: Subject: _____ **Score:** _____ / **Date:** _____

Subject: _____ **Score:** _____ / **Date:** _____

Subject: _____ **Score:** _____ / **Date:** _____

ACT: English: _____ **Reading:** _____ **Math:** _____ **Comp:** _____

Date: _____

16: Senior Classes – Write the classes you are taking this year.

1. _____ 5. _____

2. _____ 6. _____

3. _____ 7. _____

4. _____ 8. _____

17: Additional Information – What additional information should I know to write your letter of recommendation?

