



ERHS SENIOR BRAG SHEET

PRIVATE COLLEGES ONLY

Brag Sheet Directions: Please complete this Senior Brag Sheet completely and carefully. The information you provide will be used to help your counselor and teachers write your letter of recommendation for colleges. Please type on this form.

First Name and Last Name	
Preferred First Name and Last Name	
Birthdate	
Preferred Email	
Major of Interest	

COLLEGE INFORMATION

List the colleges to which you intend to apply.

To determine whether a school is a reach, target or safety for you, please use the college's average GPA, test scores (ACT or SAT), and admit rate as a point of comparison. The Scattergram tool in Naviance is also a good tool to help you determine this information.

1. **"Reach"** – Based on the college's average GPA, average SAT/ACT scores and admit rate, this school would be a stretch for you to be admitted but you would like to apply because it is a dream school. It offers the area of interest you want to pursue.
2. **"Target" AKA Match**– Based on the college's average GPA, average SAT/ACT scores and admit rate, you have a 50/50 chance of being accepted and this school offers the area of interest you want to pursue.
3. **"Safety"** – Based on the college's average GPA, average SAT/ACT scores and admit rate, you will be admitted to this school. This school also offers the area of interest you would like to pursue, and it is a school you would attend just in case you are not admitted to your target and reach schools.

California State University (Type in the box)

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University of California (Type in the box)

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Private & Out of State College/University (Type in the box)

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CLASS INFORMATION

Total # of AP courses taken in HS _____

Total # of IBDP courses taken in HS _____

Total # of Honors courses taken in HS _____

FAMILY/BACKGROUND INFORMATION

(Used to determine financial need)

Highest level of education completed:

Parent /Guardian 1 _____

Parent/Guardian 2 _____

Number of people in household: _____

How many are children? _____

Total Family Income: \$ _____

Number of children in college _____

GRADE INFORMATION

LAUSD (W) GPA _____ UC (W) GPA _____ CSU GPA _____ CURRENT
RANK _____ out of 350 Seniors



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TEACHER RECOMMENDATION PAGE

1. What class(es) have you taken with this teacher? Which year(s)?

2. What are you most proud of from your time in this teacher's course(s)?

3. What topics or texts or concepts studied in this class most interest or compel you? sWhy?

4. Were there any papers or projects you particularly enjoyed or found impactful? Why? In what way, if any, did this challenge you?

5. What type of environment do you thrive in (collaborative, hands-on, discussion, independent, etc.) Why? How was this evident in your recommender's class?

6. Did you learn anything in this teacher's class that you then applied or connected to other classes or experiences? Be specific. Explain.

7. Could you share an example of a time in this class when you faced a challenge? How did you overcome it?

8. Could you share an example of a time that you worked collaboratively in the class and/or learned from others?

9. Is there anything else you would like to share about your experience in this teacher's class and/or something your teacher should know?



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COUNSELOR RECOMMENDATION PAGE
Keep your responses to a 5-7 sentence maximum

1. List 3 adjectives/words that describe you and an example of each.
2. What activities are you involved in at ERHS? What activities are you involved in outside of ERHS? Which extracurricular activity that you have engaged in have you found to be the most meaningful? Why?
3. What makes you stand out among the rest of your peers here at Eagle Rock High School? What makes you different?
4. What events, experiences and/or people in your life have had the greatest influence on making you the person you are today?
5. What are your educational and career goals? What have you done to prepare for them?
6. Have you faced any challenges and/or obstacles that have impacted you during High School? What challenges/obstacles have you faced and how did you overcome them?
7. OPTIONAL: Is there any additional information about yourself that you feel a recommender should know? Use this space to share information about yourself that is not presented anywhere else and is relevant.



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Extra-Curricular Activities HELPFUL TOOL FOR YOU!!!!

(see last page resource)

The UC application will ask you to split your activities list into...

- Award or honor
- Educational Prep Programs
- Extracurricular activity
- Other coursework
- Volunteer / Community Service
- Work experience

You get to list up to 20 for any of these categories. Add more rows if needed, get started below...

Your Activity Award or honor	Grade Level Hours per week Weeks Per Year	What are the eligibility requirements for this award or honor? (250 characters)	Description, including responsibilities, honors, and accomplishments: What did you do to achieve this award or honor? (350 characters)
Example of Award or honor Academic All-American, Speech and Debate	10-12th 10 hrs a week 40 weeks a year	Must have ≥750 points, completed ≥five semesters of HS, demonstrated outstanding character, and maintained a GPA of 3.7 on a 4.0 scale (or its equivalent). 2000 speech and debate students are awarded Academic All-American each year. (250 characters)	Award was based off cumulative winning record throughout all four years of HS (54 wins, 13 losses), along with a consistent standard of academic excellence. My qualification for California High School Speech Association demonstrated my growth in public speaking. This success, coupled with consistent leadership/productivity at practices earned me recognition. (350 characters)
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Your Activity Educational Prep Program	Grade Level Hours per week Weeks Per Year	Description, including responsibilities, honors, and accomplishments (350 characters with spaces)
Example of Educational Prep Program Yosemite Backpacking Excursion	11th Grade (summer) 30 hrs a week 2 weeks per year	Learned survival skills and took part in leadership training. Orienteered and rationed food for a 10-day backpacking trip from Half Dome to Glacier Point. Explored ecology of Sierra Nevada Bighorn Sheep. Coordinated hiking routes and organized base camp cooking, sleeping, and traveling supplies. Rappelled down the Sunnyside Bench Route. (339 characters)
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Your Activity Extracurricular Activity	Grade Level Hours per week Weeks Per Year	Description, including responsibilities, honors, and accomplishments (350 characters with spaces)
Example of Extracurricular Activity Founder and President of Model United Nations	10-12th	Pitched club to school administrators and established 1st official Model UN chapter at ERHS.. Organized weekly team meetings and coached students for conferences. Awarded "Outstanding Delegate" at the Washington University Model UN Symposium and the Southern California Model UN Conference in 2019. (302 characters)



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Your Activity Other coursework	Grade Level Hours per week Weeks Per Year	Description, including responsibilities, honors, and accomplishments (350 characters with spaces)
Example of other coursework (other than A-G courses and outside of Eagle Rock HS) Ryman Arts Program	summer prior to 10th grade 20 hrs a week 4 weeks a year	Took drawing lessons, sketched still life drawings, and painted models with top 100 HS artists in Southern California. Fine-tuned painting skills by working on joint projects with participants. Attended seminars about job opportunities in the arts. Displayed final portfolio in curated show at the Southern California Museum of Art. (333 characters)
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Your Activity Volunteer/community service	Grade Level Hours per week Weeks Per Year	Please describe the organization, program, school, or group (250 characters):	Description, including responsibilities, honors, and accomplishments: What did you do? (350 characters with spaces)
Example of Volunteer/Community Service Intern at Children's Institute	11th grade 8 hrs a week 40 weeks a year	Children's Institute works across LA to help impoverished children who are exposed to adversity (emotional abuse, violence, neglect, or other forms of trauma). Serves over 26,000 children every year by providing early education, behavioral health, and family services. (268 characters, needs to be cut down to 250)	Brainstormed after-school programs to increase creative productivity. Analyzed the interests of local young people. Investigated strategies for promoting academic/extracurricular interest among disaffected youth. Presented data to supervisor and worked with coordinators to implement YouthWorks, an initiative to engage impoverished children in LA. (348 characters)
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Your Activity Work Experience	Grade Level Hours per week Weeks Per Year	Please briefly describe the company or organization where you worked. (250 characters)	Description, including responsibilities, honors, and accomplishments- What were your job responsibilities?(350 characters with spaces)
Example of Work Experience Childcare, Baby-sitter	9-11th grade 12-15 hrs a week 30 weeks a year	Independent babysitting service. Hired by local parents, teachers, or family. Regular babysitting jobs at 14 separate households in the Chicago suburbs. Services are advertised on several local list serves and safesitter.com for interested families. (250 characters)	Worked 3-5 days/wk taking care of two children, ages 1 and 3. Responsibilities included feeding, transporting, and regulating bed times. Took care of children 4-6 hours each day. Learned value of patience, self-reliance, and time management. Provided authority, structure, and stability for toddlers. Gave parents time to relax and focus on work. (347 characters)
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Dear child caretaker, you can include a letter that best describes your child and/or answer the questions below. You can include it here or email me separately at karla.marquez@lausd.net

PARENT/GUARDIAN RAVE SHEET

Carta de recomendación

1. Please describe your child in terms of achievement in school. What anecdotes can you provide to illustrate the qualities you most admire about your child in the school setting? What example would you use to describe your child at his or her best? Describa a su hijo(a) en términos de rendimiento en la escuela. ¿Qué anécdotas puede ofrecer para ilustrar las cualidades que más admira de su hijo(a) en la escuela? ¿Qué ejemplo usaría para describir a su hijo(a) en su mejor rendimiento?

2. Please describe your child as a person. What qualities do you most admire? What anecdote might illustrate your child at his or her best? Describa a su hijo(a) como una persona. ¿Qué cualidades admira más? ¿Qué anécdota podría ilustrar a su hijo en su mejor rendimiento?

3. What would you most like a college admissions counselor to know about your child? ¿Qué es lo que le gustaría que la universidad supiera acerca de su hijo(a)?



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Extra-Curricular Activities & Awards RESOURCE



✓ Coursework Other than A-G

Examples: Yearbook, Peer Counseling, Leadership, Computers, ROP Courses, Catechism, Technical Training, CPR & First Response Training, etc.

Title of Course Description: Position (if any), description of duties, training received, programs used, achievements, etc.

Sample: *Computer Graphics & Design - Trained in Adobe Photoshop, Adobe Illustrator, Flash Animation. Developed graphic imaging editing skills using industry software. Achieved Adobe Certification.*

Word Bank: Trained in, responsible for, in charge of, selected to or for, selected among # students, organized, planned, assisted, participated in, structured, prepared, worked on, developed..., contributed, joined, took part, involved, shared responsibility for, founded, co-founded, created, established, directed, produced, gained...

✓ Educational Preparation Programs

Examples: AVID, College Match, ETS, SAT/ACT Prep, AP Readiness, AP Boost, ARC, COSMOS, EAOP, Talent Search, TRIO, ETS, TELACU, MESA, Upward Bound, STARS, Internships, etc.



Title of Program Description: Position (if any), services received, experiences gained, events you participated in

Sample: *Early Academic Outreach Program (EAOP) -- Received academic advising, participated in college, financial aid and SAT prep, gained knowledge of college resources, motivated to pursue higher ed*

Word Bank: Received training in, selected for, selected among # students, assisted with, participated in, prepared for, worked on, developed, took part in, involved, gained understanding of, acquired skills in, motivated to, was mentored, attended workshop about, was guided in, etc.



✓ Volunteer & Community Service

Examples: Volunteer clubs, church, school (fundraiser, food drives, events, tutoring, clean-up), community (hospital, library, shelters, events, family responsibilities (caretaker/tutor)

Title of Program/Clubs/Organizations Description: Position (if any), description of extent of involvement and initiatives taken and if possible give statistics (numbers, amounts, etc). Use action verbs.

Sample: *Academic Tutor - Instructed 15+ students in mathematics up to pre-calc level; aided with homework, problem solving, and concept mastery. Resulted in proficient benchmark scores for all.*

Word Bank: Tutored, assisted, helped, provided, serviced, created, coordinated, oversaw, directed, raised (amount #), worked, supervised, cooked, fed, organized, collaborated with., participated in..., planned, staffed events such as..., etc.



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✓ Work Experience

Examples: Paid work or internships

Title of Business/Program/Organizations

Description: Position (if any), description of responsibilities, roles, and promotions

Sample: *Sales Associate/Cashier -- Oversaw sales and transactions, received & recorded inventory, responsible for training new employees, gained exceptional customer service skills.*

Word Bank: Provided, coordinated, oversaw, directed, supervised, organized, collaborated with, assisted with, filed, responsible for, in charge of, managed, promoted to, trained others in, supervised, etc.

Use of Earnings? Examples: *I used earnings to contribute to household bills... to alleviate financial burden on parents by purchasing my own school supplies (laptop/printer) and school events.*



✓ Awards & Honors

Examples: School (academic, classroom, departmental, sports, program involvement, services, science fair, competitions, etc.), church (confirmation, accomplishment & contribution acknowledgements), community (contest, accomplishment & contribution awards), state and national rankings, selected for scholarship or programs. Specific examples: Academic Excellence, Perfect Attendance, Department (English, Math, History, Science, Foreign Language, etc.) Award, MVP, 1st, 2nd, 3rd Place, Semifinalist, Finalist, Scholarship, Leadership Position (Captain, President, VP, Treasurer, etc.)

Title of Award or Program Name Description: Description of selection criteria. If possible ranking (national, state, city, district, school, academy) or statistics (1 of only # students selected or 1 of # selected from # of applicants).

Sample: *Youth Scholarship -- Awarded \$10L rigorous selection process: nomination, interview, and present community project demonstrating passionate commitment. 1 of 5 students statewide.*

Word Bank: Recognized for, selected from among, top student, # place, completed, awarded, honored for, commitment in, academic excellence, demonstrating leadership, developing, achieving a, etc.

✓ Extracurricular Activities

Examples: School (Sports, Clubs, Leadership, Journalism, ARC, Band, ROTC, Decathlon, Debate), Church (Catechism, Confirmation, youth groups, alter boy/girl, choir), Community (club sports, involvement in organizations) and other (private music lessons), etc.

Title of Program/Club/Organizations Description: Position (if any), description of extent of involvement and initiatives

taken and if possible give statistics (numbers, amounts, etc) and results

Sample: *Key Club - Treasurer - Allocate funds, gained school administrative approval, raised over \$500, participate in general club activities - clean ups, food drive, community events*

Word Bank: Responsible for, in charge of, selected to or for, selected among # of students, organized, planned, assisted, participated in, structured, prepared, worked on, developed,





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contributed to, joined, took part, involved, shared responsibility for, founded, co-founded, created, established, directed, produced, gained understanding of, acquired skills in, promoted, designed, learned, etc.