

# Mount Desert Island High School

## Counseling Department

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### High School Activities Sheet

The information that you provide in this questionnaire can be of great importance in your college planning. Your counselor will use the information when writing your college recommendations.

Read the questions carefully and completely. Be honest and realistic.

Student name: \_\_\_\_\_ Counselor: \_\_\_\_\_

- 1) If you have a vocational or career choice, definite or tentative, please name it and comment on any particular experience, people, etc. that have influenced that choice.

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- 2) Work experience: Please list any job, including summer employment, that you have held during the past three years.

Specific nature of work	Place of work	Approx. dates of employment	Approx. # of hrs/week
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

- 3) Membership in out-of-school activities and organizations (i.e. youth symphony, Junior Achievement, church or temple youth groups)

Organization/Activity	Description	Dates
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

4) Extracurricular and personal activities: Please list extracurricular, community, and family activities and hobbies in the order of interest to you. (i.e. Musical instrument played, varsity letter earned). Please place a check mark beside those activities you plan to pursue in college.

Activity	Grade level participated				Approx. # of hours per week & number of weeks involved	Positions held or honors won
	9	10	11	12		
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

What extracurricular activity have you **enjoyed most**? \_\_\_\_\_

Briefly describe your involvement and any significant contribution that you have made to any of the above extracurricular groups or activities: \_\_\_\_\_

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5) Awards: List all awards in or out of school: Academic, athletic, art, drama, music, industrial arts, services, etc. \_\_\_\_\_

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6) Please describe any special circumstances that might have affected your high school achievements. \_\_\_\_\_

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7) What would you like your counselor to highlight in a description of you to be sent to colleges? **Make sure to spend some time on this one!!!**

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8) Where are your parents/guardians employed? \_\_\_\_\_

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9) Did your parents attend college? \_\_\_\_\_ If so, where? \_\_\_\_\_

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