

# SOUTH FORSYTH Counseling Department- Senior Profile

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Student Name

The responsibility of your counselor and/or teacher in preparing the "Secondary School Report" or letter of recommendation for colleges and universities is to provide a summary of achievements beyond your academic record. Conveying your unique qualities and potential for growth is not an easy task. Therefore, we would appreciate your giving us an honest estimation of yourself: what you have done, and what you have left to do, both in school and any other part of your life.

This form should be typed or printed neatly in the space provided. **Please attach additional sheets if necessary and any other info you feel would be helpful, including student resumes and college essays or personal statements.**

How would you describe yourself as a student? \_\_\_\_\_

Describe your academic interests or the courses you have enjoyed the most. What do you enjoy about them?

What might you like to study in college? What are your career goals? \_\_\_\_\_

What schools do you plan to apply to? List them in order of preference. \_\_\_\_\_

Is your high school academic record an accurate measure of your ability and potential? Are there any circumstances or unusual challenges (family or personal information) that you think I should know about or that might explain a rise or fall in academic performance?

Describe any summer experience, work, volunteer work, or study that has been of significant importance to you or give an example of an accomplishment in high school of which you are especially proud and explain why.

What do you consider your greatest strengths? \_\_\_\_\_

What do you consider your greatest weakness and what have you done to overcome that weakness?

List three adjectives that best describe you. (Ask friends or parents if you have trouble coming up with three!)

\*\*\* see reverse side \*\*\*

List two teachers who you plan to ask for a recommendation or who you feel know you well.

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Is there any other information you would like to share?

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**EXTRACURRICULAR & PERSONAL ACTIVITIES**

**You may choose to attach a resume in place of completing this section.**

Provide information on both *school-related and non-school related activities* during your high school years. This might include clubs, teams, community organizations, volunteer service, summer studies, travel, or work experience. If you received an award, held an office or specific role, please describe your involvement. ***Why is each activity important to you and what contribution did you make to each activity?*** (Attach additional sheets if necessary.)

Activity	Positions held / Honors won / Contributions made	Hours / week	Years of participation			
			9	10	11	12

**PARENTS:** You have spent more hours with your child than any other person, so we would like you to share your insights into your child’s character, personality, and abilities.

The words that first come to mind to describe my daughter/son are:

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My daughter’s/son’s strengths, weaknesses, & challenges are:

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In what ways has your daughter/son exhibited growth, leadership skills or teamwork?

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Are there any unusual or personal circumstances that have had an impact on your child’s educational and/or personal experiences? If so, please explain.

