

Brag Sheet

List anything and everything you can think of to help your teacher/counselor/coach to get to know things about you. You don't need to write paragraphs, but just list in bullet points and phrases. Provide a brief description in a few words. If the question doesn't apply to you, simply write "N/A" in the box.

ALL Brag Sheets must be submitted 20 days before your first application deadline. Late submissions cannot be guaranteed to be submitted by your application deadline.

Application Deadline Dates

October 15th - Brag Sheet due September 25th

November 1st - Brag Sheet due October 12th

November 15th - Brag Sheet due October 26th

December 1st - Brag Sheet due November 11th

December 15th - Brag Sheet due November 19th (due to Thanksgiving Break)

EMAIL Brag Sheet to Ms. Sabol - bsabol@hbuhdsd.edu

Name	
First App Deadline	
School(s) (Include all high schools you've attended):	
Work Experience (List kind of work, dates, why you worked):	
Volunteer Experience (How long and when did you volunteer? Why did you start?):	
Special Projects (i.e. building robots, Gold Award, etc.)	
Special Skills (Don't be shy. List anything and everything: Can you cook with your toes? Again, list	

anything that comes to your mind):	
Honors/Awards/ Other Distinctions (Both school and non-school):	
Activities/Clubs (Include Leadership Positions and dates)	
Summer Programs/ Commitments:	
Special Experience (i.e. Meeting the Pope, making bags for the homeless, etc.):	
Personal Commitments (i.e. Babysitting, Taking care of sick parents, Walking younger siblings to school, etc.):	
Name the 3 Places you spend the most time (i.e. In front of the computer, secret hideout, church, shelter, library, etc. What do you normally do there?):	
Did your parents go to college?	
Have you experienced hardship? Please describe (i.e., Parents losing jobs, overcoming an illness, a disability that impacts your daily life?)	
Have you or an immediate family member experienced	

illness that affected your daily life? Please describe the impact on your life.	
Do you live in a single parent household ? How did it affect you?	
Is there anything that presented an obstacle to education in your life?	
What are your goals ?	
What are your 3 core values ? See document below.	
What are you interested in studying/majoring in? Be as specific as possible, even if you only know what you don't want to study.	
How many people in your immediate family ? (Please list)	
Is there anything else you would like to mention?	

The Values List

Instructions: [Watch this video](#) to complete this exercise. It should take you less than 5 min.

☐ personal development ☐ recognition ☐ accountability ☐ inspiration ☐ music ☐ helping others ☐ peace ☐ diversity ☐ expertise	☐ safety ☐ creativity ☐ knowledge ☐ inclusion ☐ curiosity ☐ gratitude ☐ faith ☐ communication ☐ interdependence	☐ courage ☐ self-love ☐ ritual ☐ purpose ☐ privacy ☐ freedom ☐ quiet ☐ compassion ☐ cooperation
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☐ vulnerability ☐ global awareness ☐ hunger ☐ my country ☐ sleep ☐ productivity ☐ intuition ☐ culture ☐ healthy boundaries ☐ second chances ☐ listening ☐ family ☐ excitement ☐ travel ☐ adventure ☐ laughter ☐ entrepreneurship ☐ wonder ☐ health and fitness ☐ love ☐ close relationships ☐ humility ☐ art ☐ responsibility ☐ wealth ☐ ----- ☐ -----	☐ efficiency ☐ stability ☐ humor ☐ truth ☐ order ☐ excellence ☐ religion ☐ beauty ☐ meaningful work ☐ trust ☐ self-expression ☐ fun ☐ rationality ☐ democracy ☐ self-control ☐ balance ☐ adaptability ☐ success ☐ independence ☐ variety ☐ community ☐ patience ☐ challenges ☐ autonomy ☐ loyalty ☐ ----- ☐ -----	☐ growth ☐ authenticity ☐ practicality ☐ nature ☐ objectivity ☐ leadership ☐ wisdom ☐ respect ☐ strength ☐ flexibility ☐ financial stability ☐ empathy ☐ belonging ☐ equity ☐ resourcefulness ☐ decisiveness ☐ competence ☐ collaboration ☐ spirituality ☐ social change ☐ honesty ☐ mindfulness ☐ grace ☐ ----- ☐ ----- ☐ ----- ☐ -----
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