



SCHOOL COUNSELING DEPARTMENT

## Senior Autobiography

Dear Students and Parents,

As part of the college application process, your school counselor will be writing a letter of recommendation to help support your application and provide insight into your academic and personal strengths. This letter is an important part of your application, as it allows the admissions committee to learn more about who you are beyond your grades and test scores.

To write a letter that best reflects your unique qualities and experiences, we need your help. The questions in this Senior Autobiography packet are designed to gather information about your achievements, personal growth, extracurricular involvement, and aspirations. It's important that you provide your counselor with as detailed and specific information as possible, including examples and stories that illustrate your character, determination, and contributions to your school and community.

Your thoughtful and thorough responses will help your counselor write a letter that truly represents you and supports your college applications in the best way possible. Please take the time to carefully consider each question, and feel free to share anything else that you think is important for your counselor to know.

Thank you for your cooperation, and we look forward to working with you during this exciting time!

Sincerely,

Ms. Mosenthal, Mrs. Thibideau, Ms. Nadeem, and Ms. Carretero

# Senior Autobiography

**Name:**

**Preferred pronouns:**

**Cell number:**

**Living with:**

Father		Mother		Stepfather		Stepmother		Other:	
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**Siblings:**

Name:		Age:		School:	
Name:		Age:		School:	
Name:		Age:		School:	
Name:		Age:		School:	

What grade did you start in the Croton-Harmon Schools?	
Schools previously attended (other than Croton Schools):	
What (if any) Foreign Languages are spoken in the home:	
Did you learn this language before English?	

**Parental/Guardian Information:**

P/G 1 full name:		P/G 2 full name:	
Are they living?		Are they living?	
First Language (if not English)		First Language (if not English)	
Occupation		Occupation:	
Employer:		Employer:	

Name of College Attended (if any)				Name of College Attended (if any)			
Degree:		Year:		Degree:		Year:	
Name of Professional/Grad School (if any)				Name of Professional/Grad School (if any)			
Degree:		Year:		Degree:		Year:	

**For the following questions, use the space below the question to answer in paragraph form.**

**Personal Qualities and Significant Experiences:**

1. What would you say are your 3-5 most defining personal traits or characteristics (e.g., resilience, creativity, empathy and WHY?

2. How would your friends or teachers describe you? Why?

3. What has been the most stimulating intellectual experience you have had outside of the classroom? (For example: summer experiences, travel, work) Please explain in detail.

4. Describe circumstances which may have affected (positively or negatively) your personal or academic growth or progress (for example: an extended illness, after school jobs, home responsibilities, home difficulties, excessive school activities, emotional stress, parental influences, English not spoken at home, other factors unique to your background etc.). How are you different as a result?

**Academic Achievements & Strengths:**

1. What are your top academic achievements and what makes them meaningful to you?

2. Describe a class or academic environment where you thrived or found success. What did this look like?

3. Is there a specific course(s) on your transcript that you feel are not a true reflection of your potential? (If yes, explain)

4. Are there any courses that you wanted to take but couldn't due to scheduling conflicts?

5. Describe a situation where you overcame an academic challenge and showed determination or perseverance.

6. How have you grown as a student during your high school years?

7. What do your standardized scores tell about you? Are they accurate or inaccurate?

**Future Goals:**

1. What are your short-term and long-term academic and career goals?

2. Why do you want to pursue the specific major or field of study you are interested in? Remember it is okay to apply undecided.

3. What are the key characteristics you are looking for in a college and why?

4. Are you considering applying to any specialized programs (art, music, theater) or athletics? If yes, please elaborate.

5. Please use the categories below to list the colleges/universities that you are considering at this time.  
(Reach/aspire, target, safer bet)

6. Please list the 1-2 teachers you asked for formal recommendations.

**Impact and Community Involvement:**

1. How have you contributed to your school or community outside of academics (e.g., volunteer work, mentoring, extracurricular activities)?

2. What is your most significant extracurricular involvement, and how have you demonstrated leadership or commitment in that area?

3. Are there any other activities you are involved in that you would like to highlight? (e.g. clubs, sports, community service, work, family responsibilities, summer experiences)

4. Have you had any significant travel experiences and/or have you ever lived outside of Croton?

5. Do you have responsibilities at home? If so, what does this look like?

**Other Information:**

1. In or out of school, please list any awards and/or honors you have received.

2. Is there anything else you would like the college admissions committee to know about you that is not already reflected in your application or transcripts?

## Parent/Guardian Brag Sheet

### General Tips for Parents:

- **Be Specific:** Please provide specific examples rather than general statements. Concrete examples from high school years help paint a clearer picture.
- **Highlight Unique Experiences:** Make sure to highlight anything that sets your student apart or unusual circumstances (e.g., overcoming personal challenges, unique accomplishments).
- **Focus on Character and Growth:** Admissions committees value growth and resilience. Please help us understand how your student has evolved over time.

### NAME OF STUDENT:

### Student's personal growth:

1. What are some of your child's strongest qualities or characteristics that will help them succeed in college? Provide examples of how they have demonstrated these traits.

2. Can you provide examples of your child's perseverance, leadership, or character outside of the classroom?

3. Explain a time/situation where your child handled adversity, challenges, or difficult situations?

**Achievements & Contributions:**

1. What achievements, in your opinion, has your child accomplished that should be highlighted in their college application?

2. Are there any specific experiences (academic, extracurricular, family-related) that you think have had a significant impact on your child's development?

3. How do you believe your child will contribute to a college community?