

BRAG SHEET

PLEASE REMEMBER TO MAKE A COPY WITH YOUR NAME IN THE TITLE AND SHARE THIS WITH YOUR SCHOOL COUNSELOR

****Note: You still need to ask your School Counselor in person for a letter of recommendation if your college requires one from them.**

| | |
|---------------|--|
| Today's Date: | |
| Student Name: | |
| Counselor: | |

Colleges, schools and employers may be asking you to submit a recommendation. In order for a staff member to write a complete recommendation, we need some information from you. Please complete this form carefully.

Remember, this is a “Brag” sheet and it is one of the few times someone will ask you about your accomplishments. So – **BRAG!** Was there a project, a course, something that you did which was meaningful to you? Tell that story!

Part I: Your High School Experience

Personal Story

(What are your strengths? What are your passions? How would your best friend describe you?)

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School Experience

(Highlight your academic experience so far - including areas of strength and challenges you've faced. How did you overcome those challenges? How do you see yourself as a learner?)

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What story / experience / person has shaped you the most and made you who you are?

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Part II: Goals - Immediate & Long Range Career Aims

Write about your interests and passions. What do you hope for yourself?

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After you've reflected on your interests and passions, write some realistic goals that connect to your vision of your future: (It's okay if you don't fill out all of these categories!)

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|--------------|--|
| 1-Year Goal | |
| 5-Year Goal | |
| 10-Year Goal | |

| | |
|------------------------|--|
| Intended College Major | |
|------------------------|--|

Schools/Colleges:

| Name of College / University | DEADLINE |
|------------------------------|--------------|
| | |
| | |
| | December 1st |
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Part III: Activities

School Activities / Sports: (list the name of the activity and how many years you were involved)

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Community Activities: (list the name of the activity and how many years you were involved)

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Which activity have you enjoyed the most? (Explain why!)

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Honors or Awards:

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Jobs Held:

| | | | | | |
|---|--|------|--|----------------|--|
| 1 | | When | | Hours per week | |
| 2 | | When | | Hours per week | |
| 3 | | When | | Hours per week | |

Have you received special training and/or recognitions on the job?

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Were any of these jobs significant in helping you choose a career?

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Special Interests/Hobbies:

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Part IV: Personal Evaluation

List six adjectives which you think best describe you:

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Do you think your transcript accurately reflects your academic abilities and accomplishments? Why / Why Not?

What do you think are your strengths? What are you proud of?

What do you think are your weaknesses? What have you done to compensate for them?

What circumstances, if any, have affected your academic performance (positively or negatively)?

Have any summer experiences, work, study, or travel been of significant importance to you?

Any unusual circumstances that you would like colleges to know so that they can make an accurate appraisal of your application?

Is there anything else you'd like to share with us?