

Counselor Recommendation Request Sheet (Brag Sheet)

[Live link](#)

(MUST make copy - put your last name before the title)

Please do not share this document with teachers. They can request information from you separately.

- Please take a minute to reflect on the following questions. Your counselor will use your responses, in addition to meeting with you, to draft a letter of recommendation for you.
- If you are applying to a Community College or Trade School, you might not need a letter of recommendation. Please check with your counselor.
- Please upload this brag sheet to your Scoir drive or share it directly with your counselor.
- Your counselor is the only one who will see this so brag about yourself! What would colleges want to know about you that isn't already in your application?

Letter of Recommendation Questionnaire

Student Profile:

Full legal name:

Preferred name:

Preferred pronouns (if applicable):

Contact Information:

Which email do you prefer I use to contact you?

School email:

Personal email (please provide):

College Plans

1. What colleges are you thinking about applying to?
2. What is your earliest application deadline? (Include school and date)
3. Do you know which major(s) do you intend to pursue in college, and why?
4. What's your current life dream? Could be your ideal job, ideal environment, etc. Essentially, what/who do you want to be after college? Maybe you don't know?

Academic Record

Do you believe your academic record (transcript information and test scores) provide an accurate representation of you as a student? Why or why not? (This is also an opportunity for you to discuss an event in your life that has had a significant impact on you, your life, and/or your academics.)

When looking at your transcript, would you like me to discuss circumstances surrounding a low grade, or a course you couldn't take? (for ex, if you had covid, mono or a concussion and your grades dipped, or you couldn't get into a course due to low class size or a conflict in your schedule).

Is there anything on your transcript I need to explain? (ie. low grade due to illness/concussion, scheduling conflict, death of a friend or family member that negatively impacted your grades, etc).

Extracurricular Activities

1. What do you love to do, learn or discuss outside the classroom? (This is also an opportunity to explain why you pursue the activities on your resume.)
2. In which community (your courses, work, friend group, your family, your team, club, etc.) have you made an impact? Briefly, tell me the story.

Personal Profile

1. What are 5 words or phrases you would use to describe yourself?
2. Do you have a life philosophy? If so, what is it, and why did you adopt it?
3. What is unique about you that I should know about....For example, if you just met a new friend, what would be important for them to know about you?

My 21 Details - Not required but it could help your counselor write a more in-depth letter.

4. Instructions: Click here (<https://www.collegeessayguy.com/blog/brainstorm-21-details>) to begin the activity. Record your answers below (and if there's anything else you think I should know, include it here.)