

Ponchatoula High School

Senior Profile (Brag) Sheet

Complete this form, print it, and bring it to your counselor to request a letter of recommendation.

Allow a minimum of 3 weeks for your counselor to complete the letter of recommendation.

DEMOGRAPHIC INFORMATION

Full Name:	Preferred Name:
Email Address:	Cell Phone Number:
Father's Name:	Mother's Name:

Describe any unique family situations below:

ACADEMIC RESUME

Current GPA:		Counselor's Name:	
Highest ACT Composite:			
List the sub scores on the highest ACT composite below.			
Math:	Science:	English:	Reading:
ACT Super Score:			
List your highest sub score from all ACT taken below.			
Math:	Science:	English:	Reading:
Are you planning to take the ACT again? If so, when? (Enter Date Here)			

ACADEMIC RESUME

High School Activities

List your TOP high school activities and leadership roles.		
Name of Club:	Years Involved (9,10, 11, and/or 12)	Offices held if any

Awards and Honors

List your TOP high school awards and honors.		
Name of Award:	Reason for Award:	Year Received:

Athletic Involvement

List all high school athletic teams for which you have completed the season.			
Sport	Years Involved (9,10,11, and/or 12)	Position(s) Played	Awards/Recognition?

Community Involvement

List the most involved community service projects in which you have participated.		
Event/Organization	Years Involved (9,10,11, and/or 12)	Describe your role and approximately how many hours spent in service.

Summer Enrichment

List all summer enrichment activities and/or camps in which you have participated.		
Event/Organization	Years Involved (9,10,11, and/or 12)	Describe the enrichment activity.

PERSONAL INFORMATION

Answer as many of the following questions as you can to showcase your strengths. The more thorough and complete your responses, the better your letter of recommendation will be. Submit your answers with the completed brag sheet.

1. What are your top college choices? Have you visited these college campuses? Please briefly explain WHY these are your top choices.

2. What type of college do you see yourself attending? Large, medium or small student population? Setting – city/urban, small town, rural? Public or Private/Independent? In-state or Out-of-state? If out-of-state, what geographic region(s) appeal to you? Religious affiliation preference?

3. What are your favorite school subjects now, and what are your areas of interest for a possible major/field of study?

4. What are your possible career plans after you complete your education?

5. What specialized skills do you have that will help you in college and in your career?

6. What clubs/extracurricular activities (including volunteer work) do you plan to continue in college? Is Greek life (fraternity/sorority) important in your college choice?

7. Do you plan to play sports in college (even as a “walk on”)? If so, have you registered with the NCAA Eligibility Center to play sports at the collegiate level?

8. Are you involved in any religious activities? List church affiliation, if any.

9. List up to five hobbies you do in your free time.

10. Are you currently employed? If so, where? List all jobs you've had in high school.

11. What do you feel is your most important contribution to your school and/or community during your years of high school?

12. What do you consider to be your strongest personal asset?

13. What do you consider to be your strongest academic strength?

14. List three adjectives you would use to describe yourself.

15. List three adjectives you believe others would use to describe you.

16. List three teachers you believe would speak highly of you.

17. Will you be a first-generation college student (the first person in your immediate family to graduate from college)?

18. To date, what is your favorite high school memory?

19. Is there any other information (not already included) you would like me to know about you (hardships you have overcome; accomplishments you are particularly proud of, things that make you unique or sets you apart from other students)?