



BEARDEN HIGH SCHOOL

“BRAG SHEET” - SELF & PARENT EVALUATION FORM

For Counselor Letter of Recommendation

Please type your answers on a separate sheet, using the corresponding question numbers. If you prefer, you may e-mail your brag sheet to your counselor.

_____ Smiley (A-J)
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_____ Lee (K-Z)
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Note: Aside from academic achievement, colleges often ask school counselors to comment on a student's creativity, original thought, motivation, independence, initiative, leadership ability, community service, and disciplined work habits. Think about these traits as you answer the following questions. Don't limit yourself to school experiences; draw on your entire life.

Name _____ ID# _____ Today's Date _____ Date Needed: _____

1. What do you plan to study in college and why?
2. To which colleges do you plan to apply?
3. What are your career goals?
4. Describe specific extracurricular and after school activities and organizations in which you have participated during your high school years (you may include a resume, if available). Include leadership roles, community service, sports, arts, travel, hobbies, etc., include school and community activities.
5. Of the activities/events listed in #4, which have been the most meaningful to you and why and/or how were they different because of your involvement?
6. List any jobs you have now or have held during high school. Describe your specific duties and responsibilities. On average, how many hours per week do you work?
7. Describe what you believe are your academic strengths and why. What academic achievement are you most proud of, and why?
8. What are your academic weaknesses? Describe any problems or reasons which interfered with your academic achievement.
9. Is your high school academic record an accurate measure of your ability and potential? If not, what do you consider the best measure of your potential?
10. Describe, in full, an event, circumstance, or obstacle that has impacted your life. How has that obstacle/experience changed you?
11. What sets you apart from other students in your graduating class?
12. What three words would you use to describe yourself?
13. What is something that most people don't know about you?
14. What special talents do you possess? (Music, sports, theatrical, etc.) Explain.
15. List faculty members who know you well. (Can be classroom or club/activity sponsor.)

PARENTS:

Your input can provide valuable information. Focusing on the high school years, please write any information you feel would be helpful in writing a recommendation for your son/daughter. Examples might be unusual circumstances of the family, outstanding and/or unique personality traits, interests and/or passions, and anecdotal stories that bring him or her alive, etc... The topics listed below may help you formulate your thoughts.

- Most admirable quality
- Leadership, motivation, energy, sense of adventure
- Outlook on life
- Enthusiasm, ability to meet challenges (cite examples)
- Independence, tolerance, understanding
- Creative qualities, ingenuity, involvement, willingness to risk
- Peer relations
- Sense of humor
- Any special or unique characteristic that cannot be overlooked when describing the qualities of your student.