

Guidance Department – College Recommendation Information

Student Name _____

Returned on: _____

SELF-ASSESSMENT

1. What three words best describe you?

2. What are your personal strengths?
3. What qualities set you apart from others?
4. What are your academic strengths?
5. What has been your favorite class? Why?
6. What are your present career goals (professional or college major)? Why?
7. Describe any work or volunteer experience you have had.
8. What extra-curricular activities (including leadership roles) have you been involved in while attending high school?

9. What two things would you want a college admissions committee to know about you?
Give examples or relate a specific anecdote to explain.

a.

b.

10. Describe a personal challenge you have faced. How did you respond to it?

11. Admission to college and receiving financial aid often is affected by family circumstances and financial need. I can better advocate for you if I am aware of any extenuating circumstances which may affect your consideration for admission.

12. Tell me about a class you found challenging to pass OR earn a certain grade:

a. What was the name of the class? _____

b. What was challenging about the class?

c. What did you do to be successful in that class? *(Please give specific examples)*

examples: I worked with Mr. Gibson after school three days a week. I watched chemistry videos on www.KhanAcademy.org each night.
I studied my notes 30 minutes each night for World History. I received tutoring from a peer during study hall 4 days a week.

d. What was your final grade? _____

e. What did you learn when it was all over?