DIRECTIONS: Please fill out this form as thoroughly and as thoughtfully as possible. The information that you provide on this form can be used as a springboard to a personal statement for your college essays. It can also be a reference source for developing a resume or activity list, which can be included in your college applications. Please note, the information you provide here WILL be used by your counselor in writing your letters of recommendation. The more thoughtful you are now, the more it will help you in the future in many aspects. Remember, the completion of this form is REQUIRED by your counselor for recommendation writing. Please be specific and give examples as necessary. While colleges are reviewing you based on your academic curriculum, they are also reviewing you for creativity, intellectual promise, commitment, initiative, leadership potential, capacity for growth, and unique talents. Feel free to use a separate sheet of paper if needed.

NAME:  
COUNSELOR:  
ID#:  

PART I: ACADEMICS

What academic accomplishment are you most proud of?

Name and elaborate on three academic strengths. (Avoid common adjectives such as hardworking, conscientious or diligent.)

Describe any special circumstances that may have affected your academic performance? Are there any gaps, dips, or significant issues on your transcript that may concern colleges/universities? If so, provide an explanation. Please include any steps that you took to improve your situation.
Extracurriculars:

List in order of importance all major activities (clubs, sports, volunteering) in which you have been involved during high school. Please provide brief detail (1-2 sentences) on the organization/activity and your position/role within the activity.

Pick the extracurricular that was most meaningful to you and explain why you devoted your time to it.

List your work experience.

<table>
<thead>
<tr>
<th>JOB HELD</th>
<th>RESPONSIBILITIES</th>
<th>YR IN SCHOOL</th>
<th>HOURS PER WEEK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ex.) Cashier at Jewel/Osco</td>
<td>Greet customers; facilitate payment for grocery items; stock food items; clean-up work space</td>
<td>Summer after sophomore, during junior year</td>
<td>15 during summer, 8 during junior year</td>
</tr>
</tbody>
</table>
How are you different based on the clubs or work activities that you participated in? What did you learn?

What do you do over the summers and vacations? Describe any particular experiences that were meaningful.

What, if any, are your responsibilities to your family? (ex: care for younger siblings, help out in the family business, work to help pay bills, etc.)

PART II: PERSONAL

Are you on free and reduced lunch at Jones?

Will you be a part of the 1st generation in your family to attend college in the U.S and earn a four year degree?

What is unique about your family—cultural background, traditions, shared interests and activities, family size and your place in order of the children, travel, crises, etc.—that has had a significant impact on you?

Give one example of a risk you have taken, a moral dilemma, or a time you stood up for what you believed in and its impact on you.
What is the most surprising aspect of your interests, personality, character or experiences that an admissions officer would likely never guess by reading your application materials?

What do you think admissions officers are most likely to miss or misunderstand about you and/or your application materials?

Compared to the other students that I work with, what do you think sets you apart the most? Think back on your working relationship with me. What has been the most significant lesson, comment, anecdote, or support strategy that I have provided to you? Why?

**PART III: COLLEGE & CAREER PLANS**

What are you most likely to struggle with during the first few months of college/post-secondary life? What supports might you need?

What college majors and/or careers are you currently thinking about for yourself and why? Please elaborate.

**PART IV: “OUT OF THE BOX” questions**
It is okay if your counselor has to do some research on the answers you provide to the questions below. Be creative.

You have the opportunity to create an app. Describe the idea for your app in detail.

What is the title of your debut album? Explain

What is the title of your autobiography?

Name a character from fiction that you most relate to and explain why.