

# SENIOR BRAG SHEET

Name: \_\_\_\_\_ Date: \_\_\_\_\_ GPA: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

This information is useful for scholarship, financial aid and award considerations. It will also help counselors and teachers to write a more accurate, insightful and supportive letter of recommendation for you. This exercise will give you practice thinking and writing about yourself. Knowing yourself and being able to present your strengths and challenges in an articulate manner will help as you apply to colleges.

## All about You!

Rate yourself as a Student: (check one)

- Outstanding
- Above Average
- Good
- Average
- Below Average

List 5 Adjectives that **Best** describe you.

- 1.
- 2.
- 3.
- 4.
- 5.

Please describe **three of your strengths** (include 1 academic, 1 social and 1 personal)

- 1.
- 2.
- 3.

Please describe **three** areas that you would like to **improve** upon or that are a **challenge** to you as a student (include 1 academic, 1 social and 1 personal)

- 1.
- 2.
- 3.

**In terms of academic skills and potential I rate myself...**

	Below Average	Average	Good (above average)	Very Good (well above average)	Excellent (Top 10%)
Creative, original thought					
Motivation					
Independence, initiative					
Self Confidence					
Leadership					
Concern for others					
Effective class discussion					
Disciplined work habits					
Potential for growth					
Reaction to criticism					
Reaction to setbacks					
Responsibility					

Describe the person, idea or experience which has had the most positive impression/ impact on you and on your life thus far. How are you different as a result?

Describe some special talent, interest, experience, achievement or anything else that you would like a college to know about you.

What accomplishments are you most proud of?

- Academic:
- Personal:

What subjects do you enjoy the most in school and why? Be specific and explain.

For each teacher that is writing you a recommendation, describe a particular moment in his/her class that distinguishes you from your classmates. This may be an exemplary achievement, a time when you struggled but came out with a new understanding or accomplishment, a particularly intriguing project or lesson, literature that motivated you, facts or solutions that brought new light to a subject, etc. What will this teacher remember about you that they can include in their letter to make it personal and, thus, persuasive?

Do you have any personal or unusual circumstances or adversities that you have had to overcome that have affected your education?

Does your high school transcript accurately reflect your abilities as a student? Were there circumstances that interfered with your academic performance? Explain.

## **Extra Curricular Activities**

List extra-curricular activities, community service, hobbies and sports. Include specific events and/or major accomplishments such as musical instrument played, varsity letters earned etc.

Activities	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	Hrs/wk	Wk/yr	Position held/ honors

What extracurricular activities have been the most meaningful to you? Why?

How have you made a difference to your school and/or community?

## **Work Experience**

List any jobs (including summer employment) you have held during your high school career.

Nature of Work	Employer	Dates of Employment	Hours per week

What job experience has been especially meaningful to you? Why?

## **Future Goals**

List your goals:

- Short term-
  
- Long term-