

It is easy enough for colleges and universities to get a sense of your academic achievement through grades and test scores, but it is harder for them to know your character and how you might contribute to their campus. Admissions folks want as honest and robust a picture of you are as they can get. The counselor recommendation is one of the most effective and trusted ways to deliver the holistic image that they are looking for. As your counselor, I will write a recommendation for each of you; an overview of your unique academic and extracurricular achievements. I will share insight into who you are as a student and community member. Having written my fair share of counselor recommendations, I will tell you that the best letters come out of the details that you share in this brag sheet. The more honest and specific you are, the better the letter, so please take the time to tell me more about yourself. Do not limit yourself to only discussing what has happened to you at school. Please feel free to describe experiences and activities from any part of your life.

Hopefully the act of completing this "brag" sheet gives you a chance to reflect positively on your growth and to clarify what matters to you. Knowing what you value is an important and empowering tool to hold onto throughout the college process. By focusing on what you know you want, you are more likely to engage with school reps confidently and authentically; viewing visits and meetings as a way to test whether or not a school's values and programs match up with your interests and ambitions. And whether you are hoping to get into a music conservatory, a liberal arts college, or an Ivy, they all want to get to know the real you. There is no magic formula or particular thing you can do to be accepted at a specific school, but being self-assured and genuine is the best crack at magic you will get.

Sincerely,

~Mrs. Leslie

BRAG SHEET

NAME	EMAIL	
DATE OF BIRTH	Cell Phone #	
-	PART A hared with teachers (if requested) to help in writing teacher recommendations.	
FA	MILY INFORMATION	
Father's Name(s)	Occupation	
College Attended		
	Did not attend graduate school:	
	Is this parent deceased? Y/N	
Father's Name(s)	Occupation	
College Attended		
	Did not attend graduate school:	
Ethnicity/citizenship: Is this parent deceased? Y/N		
Mather's Newsola)		
Mother's Name(s) Occupation College Attended Did not attend college:		
aduate School Did not attend conege		
Ethnicity/citizenship: Is this parent deceased? Y/N		
is this parent deceased. 1/14		
Mother's Name(s) Occupation		
College Attended Did not attend college:		
Graduate School Did not attend graduate school:		
Ethnicity/citizenship: Is this parent deceased? Y/N		
What best matches your parents' marital st	atus: Married Separated/Divorced	
Sibling's Name(s) Age	e College(s) attended if any	
	e College(s) attended if any	
	e College(s) attended if any	
	e College(s) attended if any	
	e College(s) attended if any	
Sibling's Name(s) Age	e College(s) attended if any	

Language(s)	spoken at home:			
What does	your family enjoy doing tog	gether?		
	E	DUCATIONAL INFORM	IATION	
List the scho	ools that you attended sinc	e Grade 5:		
School		Grade(s)	attended	
School		Grade(s)	attended	
	ACTI	VITIES AND ACCOMPL	ISHMENTS	
interest to y	our extracurricular, commuou. Include specific events ysitting your younger siblin	and/or major accomp	lishments such as a mus	sical instruments
Activity	Grade level or Year of participation (9, 10, 11 12)	Approximate number of hours spent per week	Position held or honors won	Do you plan to participate in college? (Y/N)
				· · · · · · · · · · · · · · · · · · ·

List the honors, prizes, or awards (scholastic or not) you have received in order of importance to you, and the approximate date on which it was received:

List any activities that you participate in outside of SEM:
Summer Experiences Junior Year:
Summer Experiences Sophomore Year:
Summer Experiences Freshman Year:
Describe the most significant experience (work, study, travel, fun with friends) that you have had during
the summer? What did it look like, sound like, feel like?

	l it look like, sound like	gions, states, countries? If so, where? What was significant , feel like?
	r experience you have look like, sound like, fe	not yet mentioned that would be important for us to know eel like?
	to /1f	
dditional Though	ts/information:	

PART B

This section is confidential and will not be shared. Portions may be used by your college counselor in writing your recommendation.

	ACADEM	IIC SKILLS - SELF ASSE	SSMENT		
How do your rate you	ur reading skills?	Above Average	Ave	erage	Below Average
How much time do y	ou spend studying or	n weeknights?		_	
How much time do y	ou spend studying or	weekends?		_	
Describe where you	study and how you st	udy			
What are your favori					
1.)	2.)		3.)		
Why are these your f	avorite subjects?				
What are your least f	avorite subjects?				
			3.)		
Why are these your I	east favorite subjects	5?			
How would your clas have a hard time con		role you play in a class quiet listener?	s? Are you a	ın active p	participant, do you

	out? Consider interests you pursue beyond classing, or volunteer work. Why?	s assignments like
Vhat is the most intellectua ke, sound like, feel like?	ly stimulating experience you have had in recent	years? What did it look
ave you worked up to your our ability? Why or why no	potential in high school? Is your academic recor?	d an accurate measure of
/hat skill or quality about y	ourself will you rely on in order to be successful i	n college?
re there any circumstances erformance in school?	(in your recent experience or background) which	n have interfered with your

INTERESTS AND ATTITUDES Whom do you most admire most (living or dead)? Why? What is your favorite book? What do you love about it? If you could invite three people, dead or alive, to a dinner party, who would they be, and why? What do you do for relaxation and fun? How would someone who knows you well describe you? Would you agree with their assessment?

Describe something you've done that made you feel extreme happiness?

How would you describe your role at SEM?
Who is (are) your best friend(s)? What do you admire most in them?
Describe the groups at SEM. Which one(s) do you belong to? Describe what the group cares about /values?
What do your parents expect of you? Have they expressed specific plans/goals/ambitions for you?

	xpectations influenced the goals and standards you set for	yoursen:
	STRENGTHS / WEAKNESSES / CHALLENGES	
What is your grea	atest strength?	
What is your grea	atest weakness?	
How have you gr	own or changed during high school?	
f you could have	one 'do over' in your life, what would you do differently?	

Describe a time when you told the truth, but it hurt you.		
Do you ever find there are things about you that people misunderstand? What are they?		
Anything else?		

Please let me know if you have any questions! ~Mrs. Leslie

^{**} Thank you for taking the time to complete this form. Please make a copy for yourself and then turn it in to me. You may then schedule your first college meeting of your senior year. I will not accept incomplete sheets. This exercise is as valuable for me as it is for you.