

BRAG SHEET

Deadlines to request letters:

- September 28 (for early action & early decision applicants)
- October 19 (for regular decision & scholarship applicants)

FOR PARENTS OR GUARDIAN ONLY (Highly recommended! Counselors find the following information to be most helpful when writing letters of recommendation.)

Each parent or guardian should provide separate answers:

1. *To what colleges do you want your child to apply to and why?*
2. *What are your child's special strengths?*
3. *Describe your child's personality and values?*
4. *What is your child's greatest achievement? Tell how she/he is special in your eyes.*

STUDENT SECTION:

****Note:** College admission officers are more impressed by **QUALITY** rather than **QUANTITY** in activities!

1. Your full name, age, address, phone number, social security number, and email address.
2. Your plans after high school (4-year college, community college, technical school, professional school (art school, fashion, etc.), military, work)
3. Your current career goal.
4. List the colleges you plan to apply to. Explain why EACH college is a good match for you. What is the most important consideration for your choice of college?
5. How many siblings do you have? What ages are they? What is their level of education?
6. Do you live with both parents? What is each parent's highest level of education? What do your parents do for a living?
7. What makes your family unusual, different, and/or special? Any family hardships or challenges?
8. List three of your strengths. (Both in & out of school, what do you do best?)
9. Leadership roles/position (on or off campus): What have you done to demonstrate your leadership? Describe how this role has impacted your life.
10. What do you like to learn when you can learn on your own? Consider activities you pursue outside of class assignments: What do your choices show about your interests and your commitment? What level of challenge is best for you?
11. Using 5 or more adjectives, describe yourself.
12. Briefly describe three activities that have had the greatest impact on your life.
13. List three activities, both in and out of school, that you enjoy the most.
14. In what ways (paid or unpaid) do you contribute to your school and community? Is it likely that you will want to continue some of these roles in college or to develop new roles?

15. List any awards (school-related or non school-related), 9th grade through present that you have received.
16. Out of the awards listed in #15, which ONE was the most meaningful? Why was it important to you?
17. Describe how you have spent your high school summers.
18. Describe a special circumstance or challenge that you have had to overcome (or are still learning to overcome). How did you cope with it? What did you learn from this experience?
19. List two of your academic weaknesses that you are trying to improve.
20. What has been your favorite class in high school? Why?
21. When accepted to the college of your choice, how will you contribute to campus life and its activities?
22. Describe your typical day and weekend.
23. How have you grown or changed during your high school years? How do you want to grow in college?
24. Are there any issues that you would want your counselor to explain in the letter of recommendation for you? If so, describe the issue.

DEADLINES to remember:

- SEPTEMBER 28 (early action & early decision applicants)
- OCTOBER 19 (regular decision & scholarship applicants)

Place your completed Brag Sheet in a file folder, along with the other requested materials.