*This document is for counselor use only and information will be used in writing your college letter of recommendation.*

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| --- | --- |
| Name: | Counselor: |
| Email Address: | Birthdate: |
| Cell Phone Number: |  |

1. Did you take a standardized test?       if so, what was your score:
2. Are you applying to test optional or test blind schools?
3. What **three** adjectives would you use to describe yourself? *Give examples of why and how* *you have demonstrated these through your actions*.

1. Describe at least one of your academic strengths.

1. Describe at least one of your personal strengths.

1. What has been your most enjoyable course in high school? **Why**? How did it help you grow as a student?

1. Talk about an academic or personal challenge**. What steps did you take to overcome it?**

1. What are your current career goals? What is your intended college major or area of interest?

1. Have there been any changes in your life or a particular situation that has occurred during your high school years that you feel has affected you, your grades, or your participation in school? (Example: COVID, illness in family, moving, divorce, etc.) Is there anything on your transcript that you feel warrants clarification?

1. Please indicate what extracurricular activity, and/or volunteer experience you participate in, which has been most meaningful to you? How has this activity influenced you and impacted your life? What have you learned from it?

1. What are your plans for this summer? What are some other activities you’ve done in previous summers?

10. Please add any other information you feel would be important for you counselor to relay to the admissions committee reviewing your application:

**EXTRACURRICULAR ACTIVITIES & ATHLETICS**

*Please list your in-school and out-of-school activities (Club, sport, volunteer experience) and the weekly time commitment. Indicate any leadership roles, special honors or distinction.*

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| Year(s) Participating | Activity  (or Award/Honor) | Your Role/Office | Approximate Hours per Week |
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