

RECOMMENDATION INFORMATION FORM



This form must be completed and returned to your School Counselor by October 1. Please make an appointment if you would like to discuss this information.

Name _____ Date: _____ Counselor Name: _____

Email address: _____ Phone: _____ Homeroom: _____

Names and ages of siblings: _____

Colleges attended by older siblings: _____

Colleges attended by parents:(*legacy*) _____

Parents Occupation (*to help determine possible scholarship opportunities*) _____

Colleges you are considering _____

College majors you are considering _____

Have you ever lived in any other part of the U.S. or a foreign country? If so where and for how long? _____

Are you fluent in another language? If yes, what language(s)? _____

What are the first words that come to mind to describe yourself? _____

How do you rate yourself in the areas listed below:

	Below Avg	Average	Good	Excellent Top 10%	Truly Outstanding
Motivation					
Creative qualities					
Self-discipline					
Growth Potential					
Leadership					
Self –confidence					
Warmth of Personality					
Sense of humor					
Concern for others					
Energy					
Personal Initiative					
Reaction to setbacks					

In addition to the previous information the following provides an excellent source of information for your counselor to use in the preparation of a letter of reference. Please complete this form as thoroughly as possible and return it to the School Counseling Secretary-Mrs. Houde.

1. **Positive Qualities:** *Choose one or two positive qualities about you as a person that a college or school should know! List these and give examples of how these qualities make you special/unique.*

Please turn over and complete the back.

2. Life Experiences: *What “life experiences” have you had that set you apart from others?*

3. Influences: *Who/what has had the greatest influence in determining the person you have become, and how does that influence manifest itself?*

4. Goals: *Where do you see yourself in 10 years?*

5. List any courses that have impacted you (i.e. strong or challenging courses) and how you grew from them.

6. What extracurricular activity have you enjoyed the most? Describe any contribution you have made to an extracurricular group or activity.

7. Have you received any awards or special recognition for any individual accomplishments?

8. If you have a vocational or career choice (definite or tentative) please name it and comment on any particular experiences, people, etc., that have influenced that choice.

9. What are your strong areas? In what area have you improved? Is there a weak area you would like to improve? *(These can be academic, personal, social, etc)*

10. Is there anything on your transcript that needs an explanation to colleges?

Is there anything you would like highlighted in a letter of recommendation, or anything you would like to add (For example, challenges or hardships you faced and overcame, special talents, unusual experiences)? Don't be modest!!!