

## Student Profile Sheet

This should be filled out by **students** and may be used to help with counselor letters of rec.

NAME: \_\_\_\_\_ Student Phone: \_\_\_\_\_

STUDENT EMAIL: \_\_\_\_\_

### **Post High School Plans:**

\_\_\_\_\_ College/University      \_\_\_\_\_ Military      \_\_\_\_\_ Other: \_\_\_\_\_

\_\_\_\_\_ Technical/Vocational      \_\_\_\_\_ Directly to Work

Colleges/Universities/Trade Schools/Military branch of interest:

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Intended major/career path:

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Do you intend to play sports at the collegiate level?      Yes       No

\*If **Yes**, it is **your** responsibility to register with the NCAA and to make sure you meet eligibility requirements.

Which sport do you hope to play? \_\_\_\_\_

List two teachers/staff members that know you well:

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As you reflect on the topics below, please keep in mind how we use this information. Counselor letters of recommendation are designed to present you in a unique way beyond your academic accomplishments. College admissions directors are looking for information that is not presented in your academic records. Please write clearly and provide as much detail as possible.

**The more information you provide, the better letter we can write!**

1. What activities have you been involved in during your high school years both in and out of school (i.e. sports, clubs, community service, employment, camps etc.)? (Please include years involved, type of activity, leadership roles, etc.)
2. Of your activities, which has had the biggest impact on you? (Explain):
3. Academically speaking, what subjects are most interesting to you, and why?
4. Which classes, in high school, have had the biggest impact on you, and why?
5. What type of environment do you thrive in (collaborative, independent, hands-on, discussion, etc.)? Why?

6. What are you most proud of from your high school experience?
  
7. What have you done to demonstrate leadership or creativity? For leadership, briefly describe the leadership role (formal or informal) that has been most important to you.
  
8. Are there any challenges you've faced as a student (in class, out of class, scheduling, etc.)?
  
9. In what area(s) have you seen the most personal growth (while in high school)?
  
10. Relate a personal experience that changed your perspective on something (i.e. school, relationships, politics, etc.):

11. Are there any personal or family experiences that have had a strong impact on you, or any hardships you overcame that you would like me to discuss in your letter?

12. List your strengths and weaknesses:

13. How would your parents, teachers, and friends describe you?

14. Is there anything else you feel I should know that might be helpful in writing your letter?