

LETTER OF RECOMMENDATION FORM (aka “Senior Brag Sheet”)

Use this form if your college requires a letter of recommendation.

Please note: CSU’s and UC’s do not want a letter of recommendation unless they specifically ask for one.

Student Full Legal Name _____

1. What do you plan for your college major? _____

2. What career are you considering? _____

3. List at least **five words** you would use to describe yourself? _____

4. What do you consider your strengths? _____

5. Other information that you feel is important for us to know: _____

6. **SIGNIFICANT ACTIVITIES during High School: Please attach a resume if you have one**

7. **PARENT BRAG SHEET (For College and Scholarship Recommendations)** *Parents, please feel free to write, on a separate sheet of paper, whatever you think is appropriate. You may want to consider unusual or outstanding*

accomplishments, development and growth in high school, personality traits, unusual or personal circumstances that impacted your student's education. Thank you!

PGHS STUDENT SELF-EVALUATION

Colleges frequently ask for counselors to write recommendations and fill out forms that comment on a student's personal qualities, such as the ones listed below.

Rate yourself in the following areas in relation to how you see yourself in your class. Be honest and realistic.

	Below Average	Average (Top 50%)	Good (Top 25%)	Very Good (Top 10 %)	Outstanding (Top 5%)
Initiative/Motivation					
Intellectual curiosity					
Intellectual ability					
Creativity					
Energy					
Self-confidence					
Leadership/influence					
Responsibility					
Integrity					
Concern for others					
Respect for differences					
Warmth of personality					
Sense of humor					
Emotional maturity					
Reactions to setbacks					
Work ethic					
Growth potential					
Respect accorded by faculty					
Respect accorded by peers					

1. Why do you think this is a good representation of who you are? (Specific examples are very helpful. You can use back of paper or attach an extra sheet, if needed)