

Springwater Trail High School - Student Brag Sheet

Student Name _____ Date _____

The primary purpose of the brag sheet is to provide information that will help your counselor or teacher write an accurate, insightful, and supportive letter of recommendation for you. Please be candid. This exercise will also give you practice thinking and writing about yourself. Knowing yourself and being able to present your strengths and challenges in an articulate manner will help as you apply to college.

Please type your responses to the below questions using a google doc so you can share with the adult writing your recommendation. Choose the questions that you have something to write about. Not all questions are meant to be answered. Attach an activity list.

1. List 5-10 adjectives that you or those who know you might use to describe you.
2. Is there anything unusual or unique about your family- cultural background, traditions, shared interests; family size, travel, crises that have had a significant impact on you?
3. Have you worked during your high school years? If so, please list the name of your job and approximately how many hours per week you work. Please distinguish between summer and the school year. (Examples: The Gap -40 hours a week during the summer)
4. Indicate languages, other than English, spoken at home. If you are fluent in another language, please describe your background (when and how you learned this language):
5. What subjects do you most enjoy in school and why? Be specific and explain carefully.
6. Describe your **strengths as a student**. This is your opportunity to talk about skills and attributes that bring you success in your studies (study skills, writing, reading, discussion, leadership, analytical thinking, creativity, motivation, etc.).
7. Describe your **challenges as a student**. What gets in the way of your success as a student?
8. Does your high school transcript accurately reflect your abilities as a student? Explain.
9. Describe any special circumstances that have impacted your schooling: learning issues, family issues, health issues, moves, etc. Please also explain any trends or inconsistencies in your grades during high school.

10. What do you consider to be your **strengths as a person**? Your response to this should include examples and explanation (do not just list adjectives here).

12. Which of the **extracurricular activities** that you listed on your Activity List have been the **most important** or **meaningful** to you (we encourage you to speak to 2-3 of your interests—more if you wish)? Please explain why each activity has been important to you and what you have gotten out of your involvement in this area.

13. How have you grown at Springwater Trail High School and/or what has been valuable about your experience here?

14. What are your interests or passions at this point in your life? If they are academic or extracurricular interests that you have already mentioned in the brag sheet, take this opportunity to describe when and how you became interested in these areas?

15. What do you hope to get out of your college experience and what are your goals for the future?

16. Briefly describe your most meaningful community service experience.

17. If your counselor/ teacher just met you, how would he/ she remember you?

18. Is there any other information you would want to give us so that those writing your recommendation can make an accurate appraisal of you?

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