

SELF-ASSESSMENT

Student Name _____ Counselor _____

Student ID# _____ Social Security # _____

Please complete the questions and statements below to help your counselor write a letter of recommendation for you that truly reflects your best qualities and accomplishments. You may type your self-assessment. Please type the questions as well.

1. What adjectives would you use to describe yourself? _____

2. What do you think is your strongest characteristic? Why? _____

3. What do you consider your academic strengths? _____

4. What is your most important accomplishment and why are you proud of it? _____

5. What do you consider your most rewarding academic experience in high school? Why? _____

6. What extracurricular activity has meant the most to you? Why? _____

7. Describe your leisure time activities and interests. _____

8. How did you spend your summers during high school? _____

9. What is your intended major? _____

10. What are your career goals? Why? _____

11. If you are in an internship, briefly describe this experience. _____

12. Tell something interesting or important that most teachers or students may not know about you. _____

13. Do you feel that your academic record accurately reflects your ability? Are there any obstacles, events or hardships that may have affected you in high school? _____

14. Indicate the colleges that you are considering:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

15. Please feel free to elaborate on any information that describes the "real you." _____

16. Parents comments (optional): _____

