



## STUDENT SELF-EVALUATION FORM FOR RECOMMENDATIONS

Name: \_\_\_\_\_ ID#: \_\_\_\_\_ Date: \_\_\_\_\_

Your counselor would like for your letter of recommendation to be an accurate reflection of your history and abilities. Therefore, it is important that you answer all questions in detail. You may complete this evaluation on your computer and attach a typed copy to this form.

### **ACADEMIC:**

1. Is your high school academic record an accurate measure of your ability and potential? If yes, why? If not, why not? What do you consider the best measure of your abilities?

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2. Describe what you believe are your academic strengths. List specific characteristics and skills, i.e. great writer. Also list specific subjects, e.g., English.

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3. What is the most important thing that you want the college to know about you?

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4. Give a specific example of a rewarding academic experience for you at this high school?

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### **EXTRA CURRICULAR ACTIVITIES/AWARDS AND ACCOMPLISHMENTS:**

5. Describe specific activities in which you have participated during your high school years. Include leadership, sports, arts, clubs, etc. A separate detailed activities sheet maybe attached if one has been already prepared for colleges.

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6. Which of the activities listed above are the most important to you and why? Describe one or two.

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7. In what activities and/or organizations have you participated in outside of school? Describe specific responsibilities and incidents relating to these activities that are meaningful to you.

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8. What awards, special accomplishments and unique interests, either in or out of school, would you like to highlight?

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9. Have you held any jobs? If so, describe your specific duties and responsibilities.

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**CIRCLE THREE WORDS THAT BEST DESCRIBE YOU:**

- |               |             |                   |                |           |             |
|---------------|-------------|-------------------|----------------|-----------|-------------|
| hardworking   | moral       | determined        | positive       | focused   | humorous    |
| optimistic    | analytical  | organized         | responsible    | visionary | animated    |
| mature        | flexible    | imaginative       | goal-oriented  | active    | ingenious   |
| witty         | dedicated   | executive-caliber | multi-talented | ambitious | intelligent |
| meticulous    | independent | original          | professional   | motivated | amiable     |
| well-educated | athletic    | detail oriented   | honest         | creative  | _____       |

**SUBJECTS INTERESTED IN STUDYING DURING COLLEGE:**

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**CAREER CHOICE:**

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**6 YEAR PLAN/GOAL:**

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10. On the bottom of this sheet, describe any life impacting events that have required you to overcome obstacles and adversity.

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