



<b>Sports</b>		
Sports (included outside RCHS)	Dates of Participation	Comments
<i>(Example: Badminton)</i>	<i>(9<sup>th</sup>-12<sup>th</sup> grades)</i>	<i>(Captain senior year. Won state championship junior year. MVP)</i>

<b>Out of School Activities</b>		
Name of Activity	Dates of Participation	Comments
<i>(Example: Boy Scouts of America)</i>	<i>(2005-present)</i>	<i>(Attained Eagle Badge)</i>

<b>Volunteer/Community Activities</b>		
Name/Type of Activity	Dates of Participation	Comments

<b>Work Experience</b>		
Job/Employer	Dates of Employment/Hours	Description

# Self-Assessment

## Part 1: Academic

What were your favorite high school classes and why?

How do you think your teachers view you as a student?

What major do you plan to pursue and why? If you are undecided, please describe some of your academic interests.

Describe your career goals? How do you imagine your life ten years from now?

What are your academic strengths?

Is your academic record an accurate measure of your abilities and potential in college? Explain. (Have you had any health, family or other personal issues that you would like your counselor to mention in a letter to colleges?)

## **Part 2: Extracurricular Activities**

Think about the activities in which you have been involved during high school. What did you gain? How do they demonstrate your strengths?

Describe your most rewarding high school experience.

How would you like to be remembered after you leave RCHS?

## **Part 3: Personal**

Briefly describe your family. (Examples: With whom do you live? Siblings and their ages? Distinguishing characteristics that you believe define you?)

Excluding brothers and sisters, will you be the first person in your family to attend college?

Are you fluent in any language other than English? If so, please list them.

What three words would you use to describe yourself? Explain your choices.

What are your best qualities?

What are you most passionate about?

What are some of your hobbies and/or interests?

If you were writing your recommendation, what would you make sure to say or include about yourself? What are the most important things that colleges should know about you?

The above information is true and accurate to the best of my knowledge.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

I waive my right to view this recommendation.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# Parent Brag Sheet

Student Name \_\_\_\_\_

Parent Name: \_\_\_\_\_

*A counselor's responsibility in preparing recommendations for a student is to provide a summary of academic, extracurricular, and personal achievements. To that end, I have already asked your son/daughter to complete a self-assessment and I am also asking you for additional information **if you would like to share**. This is not a required form; just an opportunity to gain more insight in order to best convey your son/daughter's unique qualities and background.*

What three adjectives would you use to describe your child?

What outstanding accomplishments do you feel your child has achieved since beginning high school?

Do your child's grades reflect his/her true ability and potential? Explain.

What are your child's greatest strengths?

In what ways do you think that your child could enhance a college/university campus?

Please give any specifics about your family that you think might be helpful and **that you would like shared in a recommendation letter.**