



Wall High School

Student Brag Sheet



~ Please attach your resume ~

Student Name: _____ Counselor: _____

Student Cell Phone #: _____ Student E-mail: _____

Recommendation letters can have a significant impact on getting into a college or earning a scholarship. College admissions officers and/or members of a scholarship selection committee want more than a mere list of personal traits, activities, or honors. To say that you are responsible, creative, or possess intellectual curiosity is not enough. You must provide examples or anecdotes that support these personal or academic traits. This helps the reader gain insight into your true essence. As an applicant, your task is to help the reader of the recommendation letter distinguish you from other qualified applicants.

The information you provide in this brag sheet will help your counselor write an effective letter of recommendation for you. The more information you provide, the more likely it will be that they will be able to write a good recommendation letter.

1) Describe Yourself

- What are the first words that come to mind to describe yourself?

2) Family Background

- Is there anything pertinent about your family (cultural background, shared interests and activities, travel, size, crisis, etc.) that has had a significant impact on your personal or academic life?

3) Personal & Academic Traits

- *Initiative*
- *Motivation*
- *Intellectual curiosity*
- *Creativity*
- *Energy*
- *Leadership/influence*
- *Integrity*
- *Concern for others*
- *Responsible*
- *Emotional maturity*
- *Sense of humor*
- *Reaction to setbacks*
- *Tolerance for differences*
- *Work ethic*

- Which of the above two traits do you consider the most important? Why?
(*Note: It would be useful to provide examples or anecdotes!)

4) Intended College Major/Career Goal

- What are some of your long-term academic goals? What are you interested in studying?

5) Academic & Personal Strengths

- What do you consider some of your greatest strengths? How did you attain them or come to realize them?

6) Academic & Personal Weaknesses

- What do you consider some of your greatest weaknesses? How did you come to realize them and what do you do to resolve them?

7) Special Recognition/Honors/Awards

- List some of the achievements that are the most important to you.

8) Extra-Curricular Activities

- What are some of the activities that you have participated in outside of the classroom? Why do you find that activity to be meaningful or why is it interesting to you?

9) Community Service

- What are some of your experiences in serving your community? Which volunteer experiences do you find the most meaningful or memorable and why?

10) Leadership Experience

- What experiences have you had in a leadership position? What did you learn from them?

11) Overcoming Adversity

- Have you ever had to overcome some kind of adversity? How did you do so and what did you learn from the experience?

12) Work Experience

- What experience do you have in the working world? What did you learn from it?

13) Additional Information

- Is there anything else you would like your counselor to know that is important to you? Do you have any long or short-term goals in particular that you would like to share?

14) If you could write the opening sentence of your recommendation letter, how would it read?