

Student Self-Assessment (For Counselor Letter of Recommendation Request)

Student: _____ Counselor: _____ Date: _____

Did your parents or grandparents attend college? yes no

1. Explain your academic strengths and weaknesses. Are there any items or trends on your transcript you think need explanation? Please explain here.
2. If you were to choose three or four adjectives that get at the core essence of who you are, what would they be and **why**?
3. Which of your activities/accomplishments are you the most proud of and **why**?
4. How have you contributed to your school or community?.
5. What is the most important thing you want the colleges to know about you?
6. What is your greatest passion in life?
7. Have there been any personal challenges that you have overcome?
8. What is your desired major or career interest and **why**?