

# Counselor Recommendation Form

Name: \_\_\_\_\_ Date \_\_\_\_\_

Reason for Letter of Recommendation: \_\_\_\_\_

The purpose of this questionnaire is to learn more about you so that I can write an accurate and thoughtful letter of recommendation. This form will also help you to summarize and organize information about yourself. Please be honest and reflective. The quality of the letter I can write will be determined by the quality of information you provide. **This information is due to your counselor no later than the beginning of your senior year. Please provide answers on an additional sheet of paper.**

At this point, what colleges/ universities are you considering applying to? Please indicate if they are reach (R), target (T) or safety schools (S).

_____	_____
_____	_____
_____	_____

## **LOOKING BACK: ASSESSING YOUR HIGH SCHOOL EXPERIENCE AND PERFORMANCE**

- 1) How would you describe your high school experience? A) Academically? B) Personally?
- 2) Do you believe your transcript is an accurate reflection of your ability? What factors, if any (personal, family, social, academic) contributed to your performance positively or negatively?
- 3) Have there been any events, circumstances or experiences that have had a major impact on your way of **thinking (i.e. values, morals, ethics)**?
- 4) What is your strongest subject or elective and why?
- 5) What are your most significant contributions to UHS? How will UHS be different because of you?
- 6) What do you choose to learn on your own? Please consider interests pursued beyond class assignments. What do your choices show about your interests and the way you like to learn?
- 7) Do you consider yourself to be independent in some ways? Give an example of how you demonstrate your independence.
- 8) Please attach an activity resume including any athletics, clubs, committees, leadership positions and activities. Include those independent of UHS, including employment. Please indicate whether you received any recognition or award for these. **Why** did you choose these activities during your high school career? Specifically, what was your personal or academic motivation for participating?

**LOOKING FORWARD**

- 9) List 6 adjectives that best describe you. Please provide reasons for your choices and provide an example or anecdote as evidence of such.

\_\_\_\_\_

\_\_\_\_\_

- 10) It is the job of an admission representative to “fit” students with the mission of the college/university. Consider the missions of your chosen schools and explain how and why you are a good match for them. Please consider each school individually.
- 11) What subject area(s) are you looking forward to investigating in college? Have you had an experience that has informed/influenced this idea? If you are aware of your current career goals, please explain why you feel each school(s) you are applying to is a match for that career goal.
- 12) If there is one area in which you hope to become a more successful student, what would it be and why (for example, time management, study skills, self- advocacy etc.)?
- 13) If you were to write a letter of recommendation for yourself to a college, what would you be certain to include? Identify two things you would want a college admission committee to know about you. Give examples or relate a specific anecdote or short account of your story to explain. When responding to this question, it is important to think about the school to which you are applying. What you want them to know about you that might be unique to each school.