

SENIOR BRAG SHEET

Name: _____ Date: _____ GPA: _____

E-mail Address: _____

This information is useful for scholarship, financial aid and award considerations. It will also help counselors and teachers to write a more accurate, insightful and supportive letter of recommendation for you. This exercise will give you practice thinking and writing about yourself. Knowing yourself and being able to present your strengths and challenges in an articulate manner will help as you apply to colleges.

All about You!

Rate yourself as a Student: (check one)

- Outstanding
- Above Average
- Good
- Average
- Below Average

List 5 Adjectives that **Best** describe you.

- 1.
- 2.
- 3.
- 4.
- 5.

Please describe **three of your strengths** (include academic, social and personal)

- 1.
- 2.
- 3.

Please describe **three** areas that you would like to **improve** upon or that are a **challenge** to you as a student (include academic, social and personal)

- 1.
- 2.
- 3.

In terms of academic skills and potential I rate myself...

	Below Average	Average	Good (above average)	Very Good (well above average)	Excellent (Top 10%)
Creative, original thought					
Motivation					
Independence, initiative					
Self Confidence					
Leadership					
Concern for others					
Effective class discussion					
Disciplined work habits					
Potential for growth					
Reaction to criticism					
Reaction to setbacks					
Responsibility					

If you were to write your own recommendation, either for a job or school, what are some of the points that you would include?

What extracurricular activities have been the most meaningful to you? Why?

How have you made a difference to your school and/or community?

Work Experience

List any jobs (including summer employment) you have held during your high school career.

Nature of Work	Employer	Dates of Employment	Hours per week

What job experience has been especially meaningful to you? Why?

Future Goals

What are your plans for after high school?

- College (two year, four year, or trade school)
- Work
- Military

If you plan on college, where are you applying?

- 1.
- 2.
- 3.
- 4.

List your goals:

- Short term-

- Long term-

What are your career goals?

Where do you see yourself in 5 years after graduation from high school?

By signing below, you are acknowledging that all of the above information is accurate and true to the best of your knowledge. Please be sure to continually update this "Brag" Sheet throughout your senior year; it will be kept on file in the Counseling Office. It is also a great tool for you to use to build a resume!

Student Signature

Date Completed

Date turned into the Counseling Office: _____