**Student’s Name (full, including middle):**

**Student Email Address:**

**Home Phone: Cell Phone:**

**Please fill out this form and send it to your school counselor via email. Be sure that the subject heading for your email says “Student Brag Sheet – YOUR NAME”. The more thoughtful you are in answering these questions, the easier it will be for your counselor to write a thorough and personal recommendation.**

***Optional:* The COVID-19 pandemic has disrupted the lives and postsecondary plans for many students. Please share any information on how COVID has impacted you (e.g. distance learning, health of self or family members, internet issues, no study space, helping financially at home (job), not able to continue with extracurricular activities, etc.)**

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| --- |
|  |

**Are you a full IB Diploma Candidate?  yes  no**

**If yes, what is your Extended essay topic:**

|  |
| --- |
|  |

**Are you the first in your family to attend college?  yes  no**

**Do you have a full/part-time job?  yes  no**

**If yes**:

|  |
| --- |
| **Where do you work:** |
| **How many hours per week do you work?** |
| **How long have you worked there?** |

**Section 1: About you**

**Describe yourself using three words (adjectives) and provide at least one example for why you chose that word:**

|  |
| --- |
| **Adjective 1:**  **Example(s):** |
| **Adjective 2:**  **Example(s):** |
| **Adjective 3:**  **Example(s):** |

**How do you spend your time during the summer?**

|  |
| --- |
|  |

**Significant talents you have:**

|  |
| --- |
|  |

**Things you are passionate about and why:**

|  |
| --- |
|  |

**Ways you are unique and why:**

|  |
| --- |
|  |

**Section 2: Academics**

**What are your strengths in the classroom? Provide examples (e.g. works well with others, asks questions, often leads discussions, etc.):**

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| --- |
|  |

**Describe a time when you faced a challenge in one of your classes? How did you handle the situation?**

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| --- |
|  |

**Do you have a special area of interest that you enjoy studying? If so, please tell us about it:**

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| --- |
|  |

**How well do your grades reflect your ability as a student? Have there been any circumstances in your life (illness, death, divorce, etc. )that may have affected your academic record?**

|  |
| --- |
|  |

**Possible major or career interest:**

|  |
| --- |
|  |

**Section 3: Activities**

**Major activities in school:**

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| --- |
|  |

**In what ways are you a leader in school:**

|  |
| --- |
|  |

**Major activities outside school:**

|  |
| --- |
|  |

**In what ways are you a leader outside of school:**

|  |
| --- |
|  |

**Which of your activities listed above has had the most impact on you and why? What did you learn from the experience?**

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| --- |
|  |

**Community Service activities (Choose your top three, can do less):**

|  |
| --- |
| **Activity:**  **How many hours did you/do you participate in this activity:**  **Describe your role:**  **Impact this activity had on you:** |
| **Activity:**  **How many hours did you/do you participate in this activity:**  **Describe your role:**  **Impact this activity had on you:** |
| **Activity:**  **How many hours did you/do you participate in this activity:**  **Describe your role:**  **Impact this activity had on you:** |

**Section 4: Special Circumstances**

**What would be good for your counselor to know when writing a recommendation or looking at scholarships and/or colleges for you?**

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| --- |
|  |

**What special circumstances should he/she know? (e.g.**

|  |
| --- |
|  |

**What experiences have helped make you the person you are?**

|  |
| --- |
|  |

**What or who influences you in life?**

|  |
| --- |
|  |

**What are your strengths and weaknesses?**

|  |
| --- |
|  |

**Section 5: Student Reflection**

**Tell us about what you are most proud of:**

|  |
| --- |
|  |

**Tell us about a challenge (non-academic) you have dealt with in life and how you overcame it:**

|  |
| --- |
|  |

**I want college admission officers to know that I… (*e.g. personality traits, accomplishments, or challenges*):**

|  |
| --- |
|  |

**What do you hope to get out of your college experience?**

|  |
| --- |
|  |

**What are 3 words your friends/family/or teachers say about you and why:**

|  |
| --- |
| **Adjective 1:**  **Why:** |
| **Adjective 2:**  **Why:** |
| **Adjective 3:**  **Why:** |

**College is an important step in the rest of your life. The more active YOU (and not just your parents) are, the better the outcome will probably be. Please note that we assume what you write above is ok for us to share with colleges. Sign here showing your understanding and commitment to taking an active role in the college process:**

|  |  |  |
| --- | --- | --- |
| Sign: | Date: |  |

**Thank you for taking the time to share this important information! Here are some important next steps:**

**Please attach a copy of your resume.**

**Please have a parent/guardian complete the parent information sheet**