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

**Preferred Name to be used in letter:**

**Pronouns to be used in letter:**

**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. That being said, please try to limit the overall length of your BRAG sheet to 5-6 pages.**

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

**If yes, what is your Extended essay topic? Please describe your research or findings.**

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**If yes, Which attribute do you identify best with in the** [**IB Learner Profile**](https://www.ibo.org/contentassets/fd82f70643ef4086b7d3f292cc214962/learner-profile-en.pdf)**? Provide a specific example of how you embody this attribute.**

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**Are you the first generation in your family to attend college in the US?** [ ]  **yes** [ ]  **no**

**Describe any family responsibilities you may have. Be specific and detailed. (Translating for parents, watching siblings, in charge of grocery shopping, etc.)**

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**Do you speak other languages besides English?** [ ]  **yes** [ ]  **no**

**If yes,**

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| --- | --- |
| **Language:** | **Proficiency level:** |
|  | [ ]  **basic** [ ]  **conversational** [ ]  **fluent** |
|  | [ ]  **basic** [ ]  **conversational** [ ]  **fluent** |
|  | [ ]  **basic** [ ]  **conversational** [ ]  **fluent** |

**Section 1: Distinctive Qualities**

**Describe yourself (or think of how your family/friends/teachers would describe you) using three words (adjectives) and provide at least one example for why you chose that word:**

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

**How do you spend your time during the summer? Describe 1-2 meaningful activities and the impact they have had on you.**

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**Things you are passionate about and why. Provide examples & discuss impact/growth:**

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**Describe unique qualities or significant talents you have and why. Provide examples &** **describe the impact it had on you & how you grew:**

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**What activities/places bring you joy? Provide examples & discuss impact/growth:**

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**What are your strengths? Provide examples and be descriptive.**

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

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**Section 2: Academic & Intellectual Growth & Trends**

**What are your strengths in the classroom? Provide specific examples (e.g. works well with others, asks questions, often leads discussions, etc.). This is NOT asking about a school subject:**

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**Describe a time when you faced a challenge in one of your classes? How did you grow? What did you learn? What impact did it have on you as a student?**

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**If you could spend an entire day learning about a topic of your choice, what would it be and why? What about this topic captivates you? Be specific and provide examples.**

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**Possible major or career interest. Explain why:**

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**Follow-up: Have you attended any outside classes/programs to explore this major/career interest? If yes, please list and describe:**

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**Section 3: Areas of Impact**

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

**If yes**:

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

**Major/impactful activities in school:**

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**In what ways are you a leader in school. Provide specific examples and any growth/impact:**

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**Major/impactful activities outside school:**

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**In what ways are you a leader outside of school. Provide specific examples and describe the impact it had on you & how you grew as a person.**

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

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

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| **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**

**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?**

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**What special circumstances should your counselor know when writing your Letter of recommendation? (Family living situation, disability, etc.)**

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

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

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

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**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. We assume what you write above is ok for us to share with colleges. Please note, as mandatory reporters, in situations where you are in danger of harming yourself, others, or someone has harmed you; other parties may be involved.**

[ ]  By checking this box, you acknowledge your understanding and commitment to taking an active role in the college process.

**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**