The Department of School Counseling and Guidance Services would like you to contribute information that can help shape and personalize the letter of recommendation.

Directions: Please answer all the questions carefully and thoroughly. You may attach extra paper if you need more space.

1. After high school, my goal is to:
   - ___ attend a 4-year college
   - ___ attend a 2-year college
   - ___ attend a vocational/technical program
   - ___ military
   - ___ employment
   - ___ undecided

2. Circle the adjectives below that you, your family, or your friends would use to describe you:

   Creative          Scientific          Tolerant          Disciplined          Honest          Curious
   Concerned         Independent         Confident         Resilient           Motivated        Conscientious
   Competitive       Mature             Sensitive to others Persistent         Respectful        Assertive
   Industrious       Intellectual        Enthusiastic       Resourceful        Responsible        Flexible
   Friendly          Risk-taking        Entrepreneurial

   Other qualities

3. Pick three adjectives that you circled and give an example to support it:

   __________________________________________________________________________

   __________________________________________________________________________

   __________________________________________________________________________

4. What do you feel sets you apart as an individual at MHS?

   __________________________________________________________________________

   __________________________________________________________________________

   __________________________________________________________________________

5. What do you consider your most stimulating intellectual experience in high school?

   __________________________________________________________________________

   __________________________________________________________________________

   __________________________________________________________________________

   __________________________________________________________________________
6. Give us an example of a project or idea in which your creativity, initiative, or leadership was demonstrated – be specific and provide details.

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

7. Explain how you have spent your last two summers? What are your plans for this summer? (Be specific)

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

8. Provide details of any work experience you have had since 9th grade. What was the specific nature of work? Position? Hours per week?

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

9. What unique contribution do you think you make to your family? How many are there in your immediate family? How do you feel about where you fit (e.g. youngest, oldest, only child) in your family?

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

10. Select and describe a talent, skill, and/or activity which you can contribute to a college community?

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________

________________________________________________________________________________________________________
11. Describe a personal accomplishment of which you are most proud, and explain why.

________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
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12. What are your academic interests? Which courses have you enjoyed the most? Which courses have been most difficult for you?

________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

13. Please explain why you selected your possible major/minor?

________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

14. What has been an academic or personal challenge and how did you overcome it?

________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

15. How much do you genuinely like to read, discuss issues and exchange ideas? Give examples

________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
16. Are there any outside circumstances that have interfered with your academic performance? Please explain.
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

17. What has been your most meaningful extracurricular activity and why?
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

18. Is there any other information you would like to share with your counselor so that he or she can make an accurate appraisal of you to colleges and universities?
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
**STUDENT ACTIVITIES SELF REPORT**

Please Print

NAME: ___________________________ Homeroom Teacher/Number: ___________________________

Parent/Guardian’s Name: ___________________________ Possible Field of Study: ___________________________

Schools You Are Considering After High School: ___________________________


**ACTIVITIES IN HIGH SCHOOL**

<table>
<thead>
<tr>
<th>ACTIVITY (Clubs, Music, sports, etc.)</th>
<th>GRADE/YEAR/DATE (9, 10, 11, 12, etc.)</th>
<th>ROLE/POSITIONS HELD, HONORS WON, LETTERS EARNED</th>
<th>HOURS PER WEEK/MONTH</th>
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**HONORS OR DISTINCTIONS YOU HAVE RECEIVED**

(Ex.: student of the Month, Honor Society, National Merit Scholar, Athletic Recognition, etc.)

<table>
<thead>
<tr>
<th>HONOR/DISTINCTION</th>
<th>GRADE/YEAR/DATE</th>
<th>SPECIFICS</th>
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(OVER)
### OUT OF SCHOOL ACTIVITIES
(Ex: Organization, Religious groups, Community service, summer Activities/Schooling/Camp, etc.)

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<th>ACTIVITY (Clubs, Music, Sports, etc.)</th>
<th>GRADE/YEAR/DATE (9, 10, 11, 12, etc.)</th>
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### JOB/WORK/INTERNSHIP EXPERIENCE

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<tr>
<th>POSITION</th>
<th>SPECIFIC NATURE OF WORK</th>
<th>EMPLOYER/LOCATION</th>
<th>DATES/YEARS</th>
<th>HOURS PER WEEK/MONTH</th>
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**STUDENT SIGNATURE:** ____________________________ **DATE:** ____________