

**MORRISTOWN HIGH SCHOOL
STUDENT "BRAG SHEET"
FOR COUNSELOR RECOMMENDATIONS**

STUDENT NAME: _____ COUNSELOR: _____

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.

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

<u>ACTIVITY</u> (Clubs, Music, sports, etc.)	<u>GRADE/YEAR/DATE</u> (9, 10, 11, 12, etc.)	<u>ROLE/POSITIONS HELD.</u> <u>HONORS WON, LETTERS EARNED</u>	<u>HOURS PER WEEK/MONTH</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

HONORS OR DISTINCTIONS YOU HAVE RECEIVED

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

<u>HONOR/DISTINCTION</u>	<u>GRADE/YEAR/DATE</u>	<u>SPECIFICS</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

(OVER)

OUT OF SCHOOL ACTIVITIES

(Ex: Organization, Religious groups, Community service, summer Activities/Schooling/Camp, etc.)

<u>ACTIVITY</u> (Clubs, Music, Sports, etc.)	<u>GRADE/YEAR/DATE</u> (9, 10, 11, 12, etc.)	<u>ROLE/POSITIONS HELD.</u> <u>HONORS WON, LETTERS EARNED</u>	<u>HOURS PER WEEK/MONTH</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

JOB/WORK/INTERNSHIP EXPERIENCE

<u>POSITION</u>	<u>SPECIFIC NATURE OF WORK</u>	<u>EMPLOYER/LOCATION</u>	<u>DATES/YEARS</u>	<u>HOURS PER WEEK/MONTH</u>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

STUDENT SIGNATURE: _____ DATE: _____