

GLEN ROCK HIGH SCHOOL
Guidance Department



SENIOR BRAG SHEET

To accurately depict your positive qualities and attributes in our letters of recommendation for you, we want to know as much about you as possible. In addition to discussing your academic and extracurricular achievements, we want to include those qualities that make you unique, and learn about experiences that have been most meaningful to you.

Student Name: _____

This completed Brag Sheet must be submitted to your Guidance Counselor *before* the start of final examinations in June.

Please *type* your answers to each of the following questions on a *separate sheet of paper*. Be as specific as possible and feel free to use additional paper if needed.

1. List six (6) adjectives that describe you best.
2. The most important of these adjectives is _____ because _____.
3. List six (6) adjectives that you think your friends might use to describe you.
4. What are your academic interests? Which courses, or types of courses, have you enjoyed the most, and why did you enjoy them?
5. What book that you have read on your own this past year has left a particular impression on you, and why?
6. What are your proudest personal accomplishments?
7. What do you consider your greatest strengths? What do you consider your greatest weaknesses? Explain in detail.
8. What aspects of yourself would you most like to improve, develop, or change while in college?

Turn over to continue

Senior Brag Sheet *(continued)*

9. What are your special interests, hobbies, or leisure activities?
10. Has any summer experience, work, or study been of significant importance to you? Please explain.
11. What circumstances, if any, have interfered with your academic performance?
12. Discuss any particular challenge(s), which you have faced, and how you have worked to overcome them.
13. Is your high school academic record, including SAT or ACT scores, an accurate measure of your ability and potential? If not, what do you consider the best measurement of your potential for success in college-level work?
14. Is there anything you would like me to include/exclude in my letter for you?
15. If you were to write your own letter of recommendation, what would you say about yourself? Please write at least three (3) sentences.
16. Please provide any additional comments/information.