



Counselor Recommendation Data Packet

Fair Lawn High School
School Counseling Department
201-794-5450 x2001

Student Self-Assessment

To assist your counselor in writing a helpful Letter of Recommendation, please give your thorough responses to the following questions. The more specific details you can give, the more comprehensive your college recommendation will be. Your letter of recommendation will mirror the level of effort and work you put into this questionnaire. ALL ANSWERS MUST BE TYPED IN FULL SENTENCES.

The information you provide will remain confidential.

Students are encouraged to complete their Counselor Data Packet and hand it in *as early as possible*. Packets must be personally handed to your School Counselor at least TWO FULL WEEKS prior to your EARLIEST application deadline. All four items (Student Self-Assessment, Parent Brag Sheet, Résumé and Transcript Release Form) must be handed in together; **incomplete packets will not be accepted.**

1. What are three adjectives your parents/guardian would use to describe you? Why?

2. How would your teachers describe you?

3. How have you contributed to or improved your school/community/household in the last three years?

4. In what ways have you been a leader or role model to your peers?

5. Do you have any extracurricular accomplishments that you are particularly proud of? If so, explain.

6. Which of your activities outside the classroom has been the most important to you? How has it shaped you as a person?

7. What major(s) are you considering? Why?

8. What activities do you plan on participating in outside of the classroom in college?

9. Describe any circumstance in your life which you feel has helped to shape your character, personality and attitude towards life.

10. Is there anything about your family (history, cultural background, shared interest/activity, size, crisis, etc..) that has had a significant impact on you? If so, explain.

11. Describe something unique about yourself that makes you stand out from your peers.

12. Is there anything else you would like me to highlight in your letter of recommendation?

13. What is your earliest Application Deadline?



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Parent Brag Sheet

Parent input is essential for counselors to write effective letters of recommendation for their students. By answering the following questions, you will be providing a more multidimensional picture of your child for me to present to the colleges and universities she/he is applying to.

I am not looking for school related information (grades, activities, etc.), rather things that are especially meaningful to you, things only a parent can provide. Take time to carefully consider each of the following questions, then BRAG! The information you provide will remain confidential.

1. If you were to write the first 2-3 sentences of your child's letter of recommendation, what would you write?

2. What three (3) words come to mind when asked to describe your child?

3. What do you consider the most important achievements of your child during high school? Why do you select these as the most significant?

4. In what areas has your child shown the most development and growth during the last three or four years?

5. Does your child contribute to your household in any significant or time consuming way? If so, please explain.

6. Has your child taken on any initiatives outside of school that have been a good example of their character?

7. Are there any circumstances in their life that you feel have helped to shape who they have become today?



Alex Smith

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Fair Lawn, NJ 07410
ASmith@email.com
201-794-5450



Career Goal / College Major

If you have a specific career goal or college major that you are fairly certain you are going to pursue, include a short sentence or two explaining it.

HIGH SCHOOL ACTIVITIES

Yearbook Committee Member

- Photographer, 9th-10th Grade
Took photographs and composed captions and sidebars for school yearbook
- Editor-in-Chief, 11th-12th Grade
Manage the design and publication teams from initial layout through finished product

FLHS Swim Team Member

- Freshman Team, 9th Grade
- Junior Varsity, 10th-11th Grade
- Varsity, 12th Grade
Team Captain

COMMUNITY SERVICE

Big Brothers/Big Sisters

- 10th-12th Grade
Assisted with and participated in group activities and field trips, monitored youth during activities, Tutored ages 8-13 and assisted with homework assignments

Meals on Wheels

- 12th Grade
Deliver 3-5 meals to senior citizens every Saturday throughout the year

WORK EXPERIENCE

Fair Lawn Community Center

- Lifeguard, 10th-12th Grade
Attended training courses and maintained CPR certification; Assisted in maintaining pool facilities and recreation areas surrounding pool; Supervised entertainment activities sponsored by country club

HONORS & AWARDS

- 2015 Best High School Yearbook Design Winner
- U.S. Media Association Scholarship Recipient
Scholarship based on academic achievement, community service & campus participation and leadership in high school communications projects and studies



Transcript Release Form

Fair Lawn High School
Guidance Department
201-794-5450 x2001

DUE OCTOBER 1st

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Student's Name

Counselor's Name

I give permission to forward all necessary information to colleges and/or career schools during the 2021 / 2022 school year. I further release the Fair Lawn Board of Education and its employees from any and all legal liability of any kind and description whatsoever as a result of freeing this information.

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Date

Parent's signature

NO transcript will be forwarded to colleges unless this form is on file in the Counseling Office.

School Counselors
Ms. Dena DeSantis
Mr. Anthony Guttilla
Mrs. Almida Hernandez
Mrs. Kara Imbriano
Mr. Joseph Lake
Mrs. Stacy Maio
Mrs. Kristen Stack