

Senior Profile/Request for Letter of Recommendation

Student Name _____ E-mail _____
Counselor _____

Students applying to colleges and universities which require letters of recommendation from teachers and/or counselor **must** complete this form. Specific information is required to enable teachers and counselors to write the best and most complete recommendations. Feel free to copy this document to your Docs and type your answers.

- 1) List your top three most distinguishing and admirable qualities that you would like your recommendation to stress. Explain how or why you are known for these qualities.
- 2) What are your future and college goals? Do you have a major or area of study in mind?
- 3) Please describe a significant academic accomplishment (major paper, project, experiment, study, performance or presentation) of which you are most proud and tell why you take special pride in it.
- 4) Has any summer activity, work or study been of significant experience to you? Please describe.
- 6) Have you traveled or lived in different locations? Where? Comment on the significant experiences there.
- 6) What classes if any have you taken at the Junior College? List grades received.
- 7) What circumstances (i.e. cultural background, financial hardship, family responsibilities, mobility, health, crises, etc.), if any, have interfered with your academics?
- 8) What is your ethnic background (optional)? Are you fluent (read, write, speak) any languages other than English? Which?
- 9) Is there anything else that you would like to share so that an accurate appraisal of you can be made to colleges and universities?
- 10) Please attach a list of any:
 - Work experience (explain reasons for working)
 - Internships/Volunteer work
 - Extracurricular activities (i.e. clubs & sports)
 - Honors and awards

