Student's Name:	
Student's Email Address:	

ID number: _____ Counselor: _____

In order for your counselor/teacher to write you a solid letter of recommendation, it is important that you meet with them and discuss this completed questionnaire. Please focus on both your in-school and out-of-school experiences when addressing the questions below. It would be helpful for you to share any unique talents and/or experiences you may have with your counselor/teacher. Feel free to use additional paper if necessary. Your comments are used for the sole purpose of assisting you in the college selection and application process; all information will be held in confidence.

What is the type of college/university that you are looking to attend? (Circle or bold your answers)

- In-state Out-of-state Either Specific location?_____
- Small (less than 3,000) Medium (3,000-10,000) Large (10,000-20,000) XL (over 20,000)
- Public Private
- Rural Urban
- Any specific religious affiliation?
- Any other features/programs/qualities that you are looking for?

Please give the name of one teacher/coach who knows you well: _____

List the colleges you are currently planning on applying to... (feel free to add more)

College name & Location	Does this school require a letter of rec?	Deadline	Is this a Common App school?	If this is not a Common App school, is there an additional form to be included with the letter?	For teacher recs: If this letter is not submitted electronically, which counselor should the letter be given to or will you provide envelope and stamps?

Please answer the following questions thoughtfully.

- 1. What 3 adjectives would **others/you** use to describe yourself? Explain each of them or share an example
- 2. What are your significant talents and strengths (academic and/or extracurricular)? List the accomplishment of which you are most proud. How would you say this accomplishment has affected your life (academic and/or extracurricular)?
- 3. How have you grown during your time here Fremd High School? What do you want to be remembered for?
- 4. What do you feel you can contribute both academically and socially to the college you attend?
- 5. What is your potential major? What are your potential career goals and broader goals? What made you choose this path? Have you had any preparation for this career path (ie. Internships, volunteering, etc.)?
- 6. Is your high school academic record an accurate measure of your ability, motivation, and potential? What circumstances, if any, have interfered with your academic performance (i.e. travel, personal loss, life-altering event, etc.)?
- 7. Describe a challenge or setback you have faced in your life and the skills you used to deal with it. Be sure to include what you have learned about yourself and others as a result of this challenge.
- 8. How you have demonstrated leadership, adaptability, and the ability to compromise? Give examples.
- 9. Optional: As bizarre as it seems, all A's, AP classes, or 36 ACT's do not guarantee students admission to the most selective schools. Please write about things which would help to differentiate you from other students. What makes you unique? What gifts distinguish you?
- 10. For teacher recommendations: What unit, project, lab, paper, etc. made an impact on you or that you have strong memories about?
- 11. Anything else you think we should know about you?

Information about yourself:

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GPA:	Weighted	Or	Unweighted	(Bold whichever	is higher)
ACT score:	SAT score:		(if applicable)		

As you type in your information, the boxes will expand to allow you to write more details in the last column.

	Description/Position Held	Year(s) in School	Explain involvement and/or leadership experience
Extra-Curricular			
Activities			
Volunteer Experience			
Work Experience			
Honors/Awards			
Summe r Experiences			
Experiences			