

Print Off Assessments and return to your Counselor

STUDENT SELF ASSESSMENT FORM

Name: _____

Date: _____

Writing a letter of recommendation on Behalf of a student is an important responsibility which takes a significant amount of time. The guidance counselor's recommendation serves as a lens through which an admissions officer can look and focus the picture of an applicant. In order to write a clear and realistic letter **it is crucial that you put a great deal of thought and time into an honest and complete appraisal of yourself so that the counselor can write the best recommendation possible.**

Schools Applying To:

Deadline:

Deadline:

1st Choice _____ 3rd Choice _____

2nd Choice _____ 4th Choice _____

Major: (If Known) _____

1. Summarize your activities in and out of school:

2. Personal Traits:
 - a. What adjectives describe your best qualities? **Show support for these.**

 - b. What adjectives describe your weaknesses? **What if anything are you doing to overcome these?**

3. What would you most like to change about yourself? **Why?**

4. Family Background:
 - a. What do your parents do for work? What is their highest level of education? Have they influenced the goals/standards you have set for yourself? If so, how?

- b. How many siblings do you have? What is your birth order...oldest, youngest, third oldest out of 5 children etc?
5. What **job experiences** have you had since beginning high school? Include part-time (how many hours have you averaged during the school year) and full-time (during school vacations).
6. What have you done for community service?
7. Who is your favorite teacher? Think about that person's teaching style and why he/she made a positive impression on you.
8. Classes:
 - a. What classes do you enjoy the most? Have these been your strongest subject areas throughout high school?
 - b. What has been your least favorite class? **Why?**
 - c. What has been your toughest academic challenge?
9. Are there any outside circumstances which have **interfered with your academic performance?** Consider such factors as: After school activities, jobs, home difficulties, excessive school activities, illness/emotional stress, parental influences, or other factors which are unique to you?
10. What do you know now that you wish you would have known when you were a freshman?
11. If there were one aspect of your school environment that you could change, what would it be? **Justify the change.**
12. What experiences or people, (parents, friends, teachers) have really made an impact (both positive and negative) on you? In what way?
13. What is your career goal?

14. What aspect of your life is most important to you?

15. How do you define success?

16. Share any other information that you feel is pertinent?

TEACHER ASSEMENT FORM

TEACHERS: Please fill out the following information to help the guidance counselor write a more detailed, informative college recommendation. Your response will be confidential. Feel free to use the back for a longer response. Thank you!

STUDENT _____ TEACHER _____ DATE _____

A. Adjective that describe this student _____

B. Anecdotal comments to help counselor better understand this student's unique qualities and likely success in different college environments. Possible topics include student's work habits, intellectual energy, special talents, etc.

Compared to other students in his or her entire secondary school class, how do you rate this student in terms of:

| No Basis | | Below Average | Average | Good Above Average | Well above Average | Excellent (top 10%) | One of the top encountered in my career |
|----------|-----------------------------|---------------|---------|--------------------|--------------------|---------------------|---|
| | Creative, original thought | | | | | | |
| | Motivation | | | | | | |
| | Self-Confidence | | | | | | |
| | Independence initiative | | | | | | |
| | Intellectual ability | | | | | | |
| | Written expression of ideas | | | | | | |
| | Effective class discussions | | | | | | |
| | Disciplined work habits | | | | | | |
| | Potential for growth | | | | | | |
| | Consideration of others | | | | | | |
| | Relative maturity | | | | | | |
| | Leadership | | | | | | |
| | Effective in group work | | | | | | |
| | Academic Achievement | | | | | | |