

College Recommendation Letter Self-Assessment

The following questions are designed to help you consider post-high school plans, encourage you to think about your strengths and accomplishments, and assist your counselor in writing your letter of recommendation.

Please take the time to think about your responses, and know that you can make a difference in what is written about you. Be honest and specific, give details, and share stories/experiences!

1. College major (s) being considered:
2. Career choice (s) being considered:
3. Describe an academic accomplishment that you are most proud of and explain why you take pride in it (Examples: research paper, lab experiment, artistic project, etc).
4. Do you feel that your grades represent your true ability as a student? Is there anything on your transcript that you feel warrants an explanation?
5. Describe any circumstances that you feel may have had a negative impact on your academic performance.
6. Describe the extracurricular activity that has been most important to you and explain why. (Examples include: clubs, athletics, employment, volunteerism, etc).
7. What are your three most distinguishing/admirable qualities? Please describe them in detail with specific examples.
8. List three adjectives that your friends would use to describe you.
9. List three adjectives that your teachers would use to describe you.
10. Complete this statement as clearly and directly as you can: "I am especially proud of the following..." BE SPECIFIC!
11. Describe a situation in which you took on a leadership role.
12. If you could choose one quote, lyric, or anecdote to describe yourself, what would it be and why?
13. What is your passion? What do you like to do more than anything else?
14. What are your strengths and/or skills that help you achieve?
15. Describe the most influential person in your life and explain why you selected him/her.
16. Is there anything about your family or cultural background that has impacted your life? If so, please explain in detail.
17. What language is spoken in your home? Are you fluent in a language other than English? Please explain how you acquired this fluency and describe how you would assess your strength in terms of reading, writing, and conversing.
18. Describe any other meaningful/important information that you would like your counselor to know.