

BRAG SHEET:

Brag sheets are a valuable tool to assist your counselor and teachers in writing personalized letters of recommendation. By filling out these forms, you provide them with deeper insight into your personality, interests, and activities outside of school. Share your completed brag sheets with your counselor and teachers when you request a letter of recommendation to ensure they have all the information they need to highlight your unique strengths and achievements.



Name:

Grade:

Date:

email address:

List three adjectives you would use to describe yourself.

- 1
- 2
- 3



Describe a lesson or unit in the class that you enjoyed and why.



What is something your teacher/counselor probably doesn't know about you?



Below is a list of attributes colleges consider when evaluating your application. Select 1 or 2 of these attributes and share an example of a time you demonstrated these characteristics in class.



Academic achievement, intellectual promise, quality of writing, creative and original thought, productive class discussion, respect accorded by faculty, disciplined work habits, maturity, motivation, leadership, integrity, reaction to setbacks, concern for others, self-confidence, initiative, and independence.

List your major activities in school.

Include what grade(s) you have participated (9,10,11,12, other) and any leadership positions, honors, and/or awards received.



List your major activities outside of school.

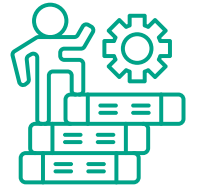
Consider things like clubs, sports, work, community service, hobbies, and family responsibilities. Include what grade(s) you have participated (9,10,11,12, other) and any leadership positions, honors, and/or awards received.



What events, experiences and/or people in your life have had the greatest influence on making you the person you are today?



Describe your academic strengths. Do you believe your academic record is an accurate reflection of your ability? If not, please explain why



What majors or careers are you considering?



What excites you about going to university?



Additional information.

Use this space to share any additional information with your counselor. Is there anything not already stated that you want to make sure they know prior to writing your letter of recommendation? What hopes do you have for your college experience?