

GRAINGER HIGH SCHOOL

SELF & PARENT EVALUATION FORM "BRAG SHEET"



Please type your answers on a separate sheet, using the corresponding question numbers. If you prefer, you may e-mail your brag sheet to me.

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Note: Aside from academic achievement, colleges often ask school counselors to comment on a student's creativity, original thought, motivation, independence, initiative, leadership ability, community service, disciplined work habits. Think about these traits as you answer the following questions. Don't limit yourself to school experiences; draw on your entire life.

Name _____ Today's Date _____ Date Needed _____

1. What do you plan to study in college?
2. What are your career goals?
3. Describe specific extracurricular and after school activities and organizations in which you have participated during your high school years. (you may include a resume, if available) include leadership roles, community service, sports, arts, travel, hobbies, etc... Include school and community activities.
4. How were the activities listed in #3 different because of your involvement?
5. Of the activities/events listed in #3, which have been the most meaningful to you? Why?
6. List any jobs you have now or have held during high school. Describe your specific duties and responsibilities. On average, how many hours per week do you work?
7. Describe your experience as a leader both in and out of school.
8. Describe what you believe are your academic strengths and why.
9. What are your academic weaknesses? Describe any problems or reasons which interfered with your academic environment.
10. Is your high school academic record an accurate measure of your ability and potential? If not, what do you consider the best measure of your potential?
11. Describe in full any person, circumstance, or event which had been a great influence in your life.
12. If applicable, tell about an obstacle you have overcome and how that obstacle/experience changed you.
13. What academic achievement are you most proud of and why?
14. What three words would you use to describe yourself?
15. What is something that most people don't know about you?
16. What special talents do you possess? (Music, sports, theatrical, etc.) Explain.
17. List 3-5 faculty members you would select to make recommendations to your future employer or school.

Parents:

Your input can provide valuable information. If you wish, you may also provide any additional information described. Focusing on the high school years, please write any information you feel would be helpful in writing a recommendation letter for your student.

Examples might be unusual circumstances of the family, outstanding and/or unique personality traits, interests and/or passions, and anecdotal stories that bring him or her alive, etc... The topics listed below may help you formulate your thoughts.

- Most admirable quality
- Leadership, motivation, energy, sense of adventure
- Outlook on life
- Enthusiasm, ability to meet challenges (cite examples)
- Independence, tolerance, understating
- Creative qualities, ingenuity, involvement, willingness to risk, sense of humor
- Peer relations
- Any special or unique characteristic that cannot be overlooked when describing the qualities of your student.