

# SENIOR BRAG SHEET

Name: \_\_\_\_\_ Counselor: \_\_\_\_\_ Date: \_\_\_\_\_

Your Guidance Counselor will use the information you provide to write a counselor recommendation on your behalf. This recommendation summarizes your academic, extracurricular and personal achievements and will be submitted to colleges with the rest of your application materials. Please take the time to fill out this form as completely and as honestly as you can.

1) How many years have you been at Hampshire Regional High School (include senior year)?

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2) List any interests, talents, and activities you pursue, or any organizations you belong to or are active with on your own time at or outside of school—such as working in art, music, drama, collecting, creative writing, church, temple, youth groups, etc.


3) Is your high school academic record an accurate measure of your ability and potential? If not, what do you consider to be the best measure of your potential for success in college work?


4) What do you consider your greatest strengths and areas you could improve?


5) List any volunteer activities / community service work in which you have been involved.


6) What extracurricular activity has been the most meaningful to you and why?


7) List any jobs, summer experiences, travel, or summer study courses in which you have participated. Please describe any significant importance, if any, to you.


8) Is there any *other* information you would like to share with your Guidance Counselor so that she can make a fair representation of you to colleges? For example, are there any factors about test scores that you would like us to address? What special talents, accomplishments, or characteristics do you have that might make you stand out? What makes you unique?


9) Which specific major or courses would you like to study in college? What type of work would you like to explore?


10) What do you consider to be your proudest accomplishment and why?


11) Why is a college education important to you?


12) Please list the colleges to which you are considering applying (put an asterisk next to those you have visited.)


PLEASE RETURN THIS FORM TO THE GUIDANCE OFFICE **BEFORE** YOUR MEETING WITH YOUR COUNSELOR.