

COUNSELOR: _____

PERSONAL DATA SHEET

Name: _____

Name you go by: _____

Personal email

The counselors would like you to answer the following questions in such a way that they can write a recommendation that will really reflect you and be personal in nature. This data sheet needs to be completed and returned to the counselor before they can write a recommendation.

1. Extracurricular Activities

A. Name the extracurricular activities you have been involved in during your high school career and how long were you in them.

B. What has been your favorite extracurricular activity and why?

C. What leadership positions have you held while at SLHS? At Church? At other organizations?

D. What leadership position gave you the most satisfaction and why?

2. Academic Pursuits

A. What academic awards have you won in high school?

III. Personal information

A. What is something you have done or participated in that you are the most proud of?

B. Have you had to overcome any obstacles such as loss of a significant person, financial difficulty, shyness, illness, a major disappointment, etc? Describe how you overcame your obstacle.

C. What has been your greatest disappointment?

D. What volunteer or community service have you participated in and approximately how many hours are spent serving?

E. How do you use your free time?

F. Identify your greatest strength? Weakness?

G. Work experience (include dates).

H. List four (4) adjectives your friends or family would use to describe you.

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

IV. College and Scholarship Information

A. Name your choice of colleges at this time.

1. _____
2. _____
3. _____
4. _____

B. Name your choice of career major study. _____

If you could change something in your High School experience, what would it be and why?

V. Write a letter of recommendation you would like written about yourself.