

Apex High Student Brag Sheet

Student name: _____

Student email: _____

PERSONAL PROFILE:

Extracurricular Activities. I participated in the following school activities:

Activity Name	Hours/years involved	Position held	Experience gained

Non-School Activities. I participated in the following activities outside of school:

Activity Name	Hours/Years involved	Position held	Experience gained

Volunteering/Community Service. These are the ways that I gave back to our community:

Activity Name	Hours/Years Involved	Position held	Experience gained

Top academic courses. Here are the top three academic courses I have taken and the skills I have gained as a result.

Course and grade earned	Skills and knowledge acquired

Awards and honors I have received:

Award Title	Description

PERSONAL STATEMENT:

Please answer the following questions thoroughly. Attach additional sheets if needed.

Do you have special interests, talents, and hobbies? Discuss these and anything you have done with them (contests, paid and volunteer work, etc...).

What three adjectives would you use to describe yourself? Provide **detailed** examples to explain why you chose those adjectives. Attach additional sheets if necessary.

What makes you the ideal candidate for the schools to which you are applying? How have you gone above and beyond to set yourself apart from your peers?

Are there any extenuating circumstances that your counselor should know in order to share in your letter (family, work, or personal circumstances that may have affected your academic performance at any time)?

Is there anything you would like your counselor to include in your recommendation letter to your college admissions office?

Senior Parent Questionnaire

A very important part of your son's or daughter's upcoming college application will be a written recommendation (sometimes referred to as the "Secondary School Report") from his or her counselor. The role of the counselor's recommendation is to present the student from a holistic standpoint to the admission committee. In each student's letter we strive to address the academic, social, emotional, and extracurricular life of the student. In the past, we have found the parent's perspective extremely helpful in writing a comprehensive and personal letter. Please answer the following questions to tell us about your son or daughter.

Student's Name: _____ Parent's name: _____

What outstanding accomplishments do you feel your child has achieved since his/her freshmen year?

Describe a situation or experience in which your child has shown responsibility, leadership, and/or maturity:

Please share any additional information you would like for your child's counselor to include in the recommendation letter to the college:

*Thank you for taking the time to help us write the best possible
recommendation letter for your student!*