

ATTENTION: This form MUST be completed and returned to your guidance counselor before you fill out the blue transcript/recommendation request form.

### Student Self-Assessment Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Counselor: \_\_\_\_\_  
Email Address: \_\_\_\_\_

*\*It is very important that you put a lot of thought and time into completing this form. This form is your chance to provide your counselor with information that he or she may not know. In order for your counselor to write the best recommendation possible, please provide us with as much information as you feel comfortable divulging.*

1. Please describe your best qualities and **show examples of them**. (e.g., “I care about other people. I tutored another student in Geometry for a year.”) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Please describe areas in which you need to improve. **What are you doing to work on these areas?** (e.g., “I am very disorganized. I bought a planner, and I have been writing down my assignments daily.”)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What classes do you enjoy the most and **why?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What has been the toughest situation you have had to overcome academically?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Please explain any outside circumstances that have helped or hindered your academic performance. *Consider factors such as: after school activities, jobs, difficulties at home, illness/emotional stress, structured study time at home, supportive parents, or other factors which are unique to you.* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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6. What is it about college that is most appealing to you? \_\_\_\_\_

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7. What is your current career goal? \_\_\_\_\_

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8. How are you different now than when you were a freshman? \_\_\_\_\_

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9. What experience or person has had a significant impact on you? *What did you learn from the experience or person?* \_\_\_\_\_

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10. Please share any other information that you feel is important or that you would like your counselor to highlight in a recommendation. (*Remember: The better information you provide to your counselor, the better the recommendation he/she can write.*) \_\_\_\_\_

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☺ Thank you for your thoughtful responses! ☺