

WORK EXPERIENCE

Employer Position/Title Hrs/Week Length of Employment

COLLEGE/CAREER GOALS AND ACADEMIC INTEREST

Please list all colleges to which you are applying.

What major/area of study are you considering for college (“undecided” is okay)?

What career(s) are you considering pursuing?

Do you feel that your transcript accurately reflects your academic ability?

If no, explain what factors/circumstances have interfered with your academic performance.

What do you think are your academic strengths?

List three academic faculty members (preferably junior year) who could give you a positive appraisal.

PERSONAL

Who are your personal heroes, men and women you admire, and why?

What special interests or hobbies do you pursue outside of school?

What personal experience, summer experience, school/work experience, or travel has been of significant importance to you and why?

Is there any information you would like for me to emphasize in my recommendation to help the college make a more accurate appraisal of your application? Let me know what else you would like me to include or emphasize.

SELF-EVALUATION

Read the statements and circle the rating that best first you below.

RATINGS

	Below Avg.	Average	Good	Excellent	Outstanding
Ability to organize/use time	Below Avg.	Average	Good	Excellent	Outstanding
Self-confidence	Below Avg.	Average	Good	Excellent	Outstanding
Desire to learn new things	Below Avg.	Average	Good	Excellent	Outstanding
Willingness to take risks	Below Avg.	Average	Good	Excellent	Outstanding
Ability to get along with others	Below Avg.	Average	Good	Excellent	Outstanding
Willingness to work hard	Below Avg.	Average	Good	Excellent	Outstanding
Imagination/Creativity	Below Avg.	Average	Good	Excellent	Outstanding
Ability to express self	Below Avg.	Average	Good	Excellent	Outstanding
Sense of humor	Below Avg.	Average	Good	Excellent	Outstanding
Concern for others	Below Avg.	Average	Good	Excellent	Outstanding
Emotional maturity	Below Avg.	Average	Good	Excellent	Outstanding
Reaction to setbacks	Below Avg.	Average	Good	Excellent	Outstanding
Understanding new concepts	Below Avg.	Average	Good	Excellent	Outstanding
Self-discipline	Below Avg.	Average	Good	Excellent	Outstanding
Growth potential	Below Avg.	Average	Good	Excellent	Outstanding
Leadership	Below Avg.	Average	Good	Excellent	Outstanding
Energy	Below Avg.	Average	Good	Excellent	Outstanding
Motivation	Below Avg.	Average	Good	Excellent	Outstanding
Warmth of personality	Below Avg.	Average	Good	Excellent	Outstanding
Personal initiative	Below Avg.	Average	Good	Excellent	Outstanding
Respect accorded to faculty	Below Avg.	Average	Good	Excellent	Outstanding

Please pick five descriptive words and provide an example how each word applies to you.

accountable	diplomatic	knowledgeable	realistic
active	discerning		reflective
adaptable	disciplined	leader	reliable
adept	discrete	logical	resourceful
aggressive	economical	loyal	respected
alert	effective		responsible
ambitious	efficient	mature	responsive
analytical	empathetic	methodical	
articulate	energetic	mobile	self-directed
assertive	enterprising	motivated	self-reliant
attentive	enthusiastic		sense-of-humor
	expert	objective	sensitive
broad-minded	expressive	observant	serious
	extroverted	open-minded	sincere
capable		optimistic	skilled
charismatic	fair	organized	sophisticated
clever	forceful	outgoing	spontaneous
collaborative			stable
committed		patient	stimulating
communicative	goal-oriented	perceptive	strong
competent		persevering	sympathetic
concise	helpful	personable	systematic
confident	honest	persuasive	
conscientious	humorous	pleasant	tactful
consistent		poised	talented
constructive	imaginative	positive	team-member
conversant	implementer	practical	tenacious
cooperative	improviser	precise	tolerant
creative	independent	problem-solver	
critical	industrious	productive	understanding
curious	innovative	professional	
	instinctive	proficient	versatile
decisive	intelligent	proven	vigorous
dependable			