

Medford High School Guidance Department  
Student Worksheet for College Recommendation  
"BRAG SHEET"

Student Name:

Possible College Major:

College Choices:

Date:

**ACADEMIC:**

1. List any honors or awards you have won...academic, athletic, work/volunteer related.
  
2. Are there any factors related to your grades that you would like me to be aware of?
  
3. Are there any factors about admission test scores that you would like me to address?

Please list activities in which you have been involved.

Grade 9:

Grade 10:

Grade 11:

Grade 12:

**INTERESTS:**

1. What activities do you most enjoy outside of the classroom?
2. Which activity is most important to you and why?
3. Which activities would you like to pursue in college and to what degree?
4. What new activities would you like to pursue in college?

**WHO ARE YOU?**

1. What adjectives would you use to describe yourself?
2. Describe your most significant personal, study, work, travel, or summer experience.
3. Are there any outside circumstances that have interfered with your academic performance? (Family hardships, illness, school difficulties - **Only fill this in if you want the information shared with the colleges.**)
4. Are there any job experiences that have been especially meaningful to you and why?
5. Approximate number of community service hours earned and how?
6. What other type of information would you like your counselor to consider when writing your college recommendation?

7. Colleges have the right to know if you have been a subject of any disciplinary action at Medford High School or any other high school you may have attended. If you have been the subject of suspension or have been placed on social probation at any time during your high school career, please explain and sign below.

I **have been** the subject of a school suspension or social probation. Please explain.

\_\_\_\_\_ Student's Signature \_\_\_\_\_ Date

I **have not been** the subject of any school suspension or social probation.

\_\_\_\_\_ Student's Signature \_\_\_\_\_ Date