

BRAG SHEET

Medford High School Guidance Department

Please complete this form thoughtfully and accurately so that the Guidance Counselor and teachers can write their best recommendation. Please give copies of this completed form to anyone writing your recommendation at least one month (two months is even better!) prior to your first college deadline.

Name:

College Major:

Top Three College Choices

Deadlines

ACTIVITIES/WORK/COMMUNITY SERVICE:

Name of Activity	School Years Involved				Hours/ Week	Weeks/ Year	Positions Held?	Honors/ Awards Received?
	9	10	11	12				

Employer (Name Of Company)	Nature of Work (clerk, delivery, etc.)	Dates of Employment	Approx. Weekly Hours	Employer Contact Name & Phone #

Community Service Activity/ Organization	Date(s) Performed	# Hours	Supervisor's Name	Supervisor's Contact #

***Please make sure you complete this entire brag sheet (both pages front and back) before turning it in!**

INTERESTS:

1. Outside of the classroom, what interests or activities occupy most of your time and thought?
2. Which activities would you like to pursue in college and to what degree?
3. Which accomplishments are you most proud of and why?
4. Are there any jobs or volunteer experiences that have been especially meaningful to you and why?
5. What kinds of work can you imagine yourself doing when you are on your own? Why?

WHO ARE YOU?

1. What adjectives would you use to describe yourself?
2. What do **others see as your best qualities**? Are they different from what you see in yourself?
3. In what areas of schoolwork do you feel most confident?

4. Describe your most significant personal, scholastic, travel, or summer experience.

5. Are there any outside circumstances that have interfered with your academic performance? (Family hardships, financial strain, moving, illness, school difficulties, etc. – **Only fill this in if you want the information shared with the colleges.**)

PARENTS/GUARDIANS: Please complete this section.

1. What makes your child unique? Why should an admissions counselor accept him/her?

2. What would you like us to share with the colleges (i.e., accomplishments, hardships, learning disabilities, activities)?

3. In which areas have you witnessed your child's successes? Have there been turning points?

4. Please review this form one more time. Is there anything you would like us to leave out or highlight when writing our recommendation?

Parent/Guardian Signature _____ Date _____

DISCIPLINARY ISSUES

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

___ I have NOT been the subject of a school suspension or social probation.

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

Student Signature _____ Date _____

***Please remember to write your teachers a thank-you
note for taking the time to write your
recommendation!!**

(And thank you for taking the time to complete this form!)