

Student Name: \_\_\_\_\_

# Student Insight Sheet

## For Counselor Letter of Recommendation

Many colleges and universities require or recommend a letter of recommendation from a school counselor. Letters of recommendation are intended to provide additional insight about you as a student and person beyond what is reflected in your college application and academic transcripts. Try to avoid general statements, and instead provide specific details and examples that illustrate your point and bring it to life. For instance, instead of writing, "I learned a lot about myself through being a member of the track team," share what you learned and how you were changed or affected by the experience. If you faced any challenges or obstacles, share how you overcame those obstacles and how it has changed you.

Please know that answering any or all of the following questions is not required and you have the right to disclose as little or as much as you would like.

1. What are your future goals? Discuss what you hope to study in college, your future career aspirations, a personal goal, and why going to college is important to you. (It's okay if you're undecided or have a few general interests.)

2. If you had a motto to live by, what would it be? Why? *(If it's a quote, please be sure to cite the source of the quote.)*

3. What is/are your proudest personal and/or academic accomplishment/s, and why?

4. What do your grades, GPA, and SAT scores NOT say about you as a student?

5. List five adjectives that best describe you as a person. Try to think of adjectives your parents and friends would use to describe you as well.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

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6. Why would a college professor want to teach you?
  
  
  
  
  
  
  
  
  
  
7. What do you feel are your academic strengths and weaknesses?
  
  
  
  
  
  
  
  
  
  
8. What school-based extracurricular activities have been most meaningful to you, and why? *Examples: DHS clubs and organizations (such as DECA, Model UN, IRIS, honor societies), school athletics, student council, marching band, artistic endeavors, etc.*
  
  
  
  
  
  
  
  
  
  
9. What community activities have been most meaningful to you, and why? *Examples: religious/spiritual involvement, community/travel athletic leagues, Boy Scouts/Girl Scouts, community service/volunteer work, dance, artistic endeavors, etc.*
  
  
  
  
  
  
  
  
  
  
10. Who do you really admire and consider to be your hero, and why?
  
  
  
  
  
  
  
  
  
  
11. Is there anything unique or special about your family, such as your family's cultural background, traditions, common interests, where you have lived or traveled, family size, or other shared life experiences or events?
  
  
  
  
  
  
  
  
  
  
12. Please share any other information about yourself which you feel may be helpful for me to write a complete letter of recommendation.

Thank you for taking the time to complete this Student Insight Sheet!