

Student-Data-Sheet

Information for Counselor's Recommendation



BAINBRIDGE HIGH
SCHOOL

DIRECTIONS: Many colleges want a recommendation from your counselor. An effective recommendation is one that shows that your counselor knows you well and thus is one that is able to highlight your positive qualities, achievements, talents, and goals.

To help him/her get to know you, please carefully and accurately complete this form. It must be submitted to your counselor **4 weeks before your first college deadline**. Information provided on the form is the basis for what the counselor writes in his/her recommendation.

In completing the form, let us know **what makes you different** from others, what **motivates** you, what you **truly care** about, and what will make you an attractive candidate to a college admissions office.

Please understand that we want to maximize your chances of being accepted at the colleges you want to attend. We will write an honest, accurate, fair and positive recommendation. Thank you for taking the time to help us help you!

Today's Date: _____ 1st Recommendation Deadline Date: _____

Full legal name: _____

Cell #: _____

Personal Email Address: _____

FAMILY AND HOME BACKGROUND

Names of Parents: _____

Live with both biological? _____ If not, with whom? _____

Father's occupation: _____ Employer: _____

Mother's occupation: _____ Employer: _____

Number of children in family: _____ Number in college (not counting you): _____

SCHOOL

List your favorite subjects in high school (forget the grade) and explain why.

Which class has been the most difficult for you? Why?

Which BHS teacher(s), club advisor(s), or coach(es) can serve as a reference?

Do you have interests (academic or nonacademic) that you are passionate enough about to explore and study on your own? If so, tell me about them.

Is there anything on your transcript that needs explanation - like why you changed levels within a discipline or whether any grades were affected by external circumstances (e.g. illness, death in the family, COVID, etc.)?

CO-CURRICULAR

List **activities** (in and outside of school) **in order of importance** that you have participated in during high school. Include the grade in which you took part, any **offices or positions obtained** (e.g. Vice President, Co-Captain, Secretary, etc.), any awards or honors won, and how did you contribute to this activity (please be specific). If you need additional space, please attach a sheet.

ACTIVITY	GRADE	POSITION	HOW DID YOU CONTRIBUTE/AWARDS
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Which of these activities is the **most meaningful to you and why?**

Which activities would you like **to continue** in college?

In which activities have you **demonstrated leadership**? How did you do so? Please be specific.

PERSONAL

How would you **distinguish yourself** from your BHS peers?

How **have you grown** since starting high school?

What are some of your **areas for improvement or change**?

Work experience: Note any work experience you have had during high school below (including summers).

Job/Position (Months/Year)	Employer	Length of time
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1. _____

2. _____

3. _____

4. _____

List **three adjectives** that best describe you and **provide an example** that illustrates each one.

What member of your graduating class do you most respect and why?

Imagine you are a college counselor. Write the **first few lines of your college recommendation**.

Do you have a favorite quote, saying, motto, or song that inspires or motivates you? If so, please share what it is and why it is meaningful to you.

Is there anything else you'd like to tell us that will help us write the **best recommendation** possible?



Important
Information

REMEMBER! We are **here to help** you through what can be a stressful process—deciding which colleges to apply to and how to submit applications. Come to us with questions or when you want advice. Keep in mind that there are many other sources of information (classmates, parents, teachers, relatives, guide books, the Internet, social media sites) but we are the ones who will guide you through the process with care, accurate information, and ultimate responsibility for maintaining good relations with colleges on your behalf. **We wish you the very best!**

Your BHS Counselors ☺