

ACTIVITIES AND INFORMATION SHEET

Name _____ *Complete both sides and return to counselor*

Please complete the following information thoroughly. Your counselor will be using the information when writing recommendations. Do not be modest! **Attach additional sheets if necessary.**

List your activities and the years you have participated. Be sure to include any leadership roles.

I. **School Honors/Awards** (academic, athletic, art, etc.)

II. **Extracurricular Activities** (school-related, part-time jobs, etc., List positions held, # of hours involved per week and responsibilities)

III. **Community Activities/Awards** (volunteer work, religious organizations, Scouts, etc.) **Elaborate!**

Please answer the following questions thoroughly. Attach additional sheets if needed.

What ideas do you have for a college major? What career do you hope to pursue?

Do you have special interests, talents and hobbies? Discuss these and anything you have done with them (contests, paid and volunteer work).

What are your greatest strengths and weaknesses?

What challenges you? How do you deal with challenges?

Who has been the most influential person in your life? Why?

What do you place the greatest value on in your life? Why?

Is there any information about you that your counselor should know in order to share in your letter (family, work, or personal circumstances that may have affected your academic performance at any time)?

Please list any financial circumstances your counselor should know when assisting you with financial aid (single parent home, amount of income, parent out of work, number of dependents in home, you must work to help support the family).

Have you had a suspension anytime during high school? If so, please explain.