**Ponchatoula High School**

**Senior Profile (Brag) Sheet**

**Complete this form, print it, and bring it to your counselor to request a letter of recommendation.**

**Allow a minimum of 3 weeks for your counselor to complete letter.**

**DEMOGRAPHIC INFORMATION**

|  |  |
| --- | --- |
| **Full Name:** Click or tap here to enter text. | **Preferred Name:** Click or tap here to enter text. |
| **Email Address:** Click or tap here to enter text. | **Cell Phone Number:** Click or tap here to enter text. |
| **Father’s Name:** Click or tap here to enter text. | **Mother’s Name:** Click or tap here to enter text. |

**Describe any unique family situations below:**

 Click or tap here to enter text.

**ACADEMIC RESUME**

|  |  |
| --- | --- |
| **Current GPA:** Click or tap here to enter text. | **Counselor’s Name:** Click or tap here to enter text. |
| **Highest ACT Composite:** Click or tap here to enter text. |
| **List the sub scores on the highest ACT Composite below** |
| **Math:** Click or tap here to enter text. | **Science:** Click or tap here to enter text. | **English:** Click or tap here to enter text. | **Reading:** Click or tap here to enter text. |
| **ACT Super Score:** Click or tap here to enter text.**List your highest sub score from all ACT taken below** |
| **Math:** Click or tap here to enter text. | **Science:** Click or tap here to enter text. | **English:** Click or tap here to enter text. | **Reading:** Click or tap here to enter text. |

***Are you planning to take the ACT again? If so, when?*** Click or tap to enter a date.

**ACADEMIC RESUME**

**High School Activities**

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| **List your TOP high school activities and leadership roles.** |
| **Name of Club** | **Years Involved (9, 10, 11 and/or 12)** | **Offices held if any** |
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**Award and Honors**

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| **List your TOP high school awards and honors.** |
| **Name of Award** | **Reason for Award** | **Year Received** |
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**Athletic Involvement**

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| **List all high school athletic teams for which you have completed the season.** |
| **Sport** | **Years Involved (9, 10, 11 and/or 12)** | **Position(s) Played** | **Awards/Recognition?** |
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**Community Involvement**

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| **List the most involved community service projects in which you have participated.** |
| **Event/Organization** | **Years Involved (9, 10, 11 and/or 12)** | **Describe your role and approximately how many hours spent in service.** |
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**Summer Enrichment**

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| **List all summer enrichment activities and/or camps in which you have participated.** |
| **Event/Organization** | **Years Involved (9, 10, 11 and/or 12)** | **Describe the enrichment activity.** |
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**PERSONAL INFORMATION**

**Answer as many of the following questions as you can to showcase your strengths.  The more thorough and complete your responses, the better your letter of recommendation will be. Submit your answers with the completed brag sheet.**

1. What are your top college choices? Have you visited these college campuses? Please briefly explain **WHY** these are your top choices.

Click or tap here to enter text.

2. What type of college do you see yourself attending? Large, medium or small student population? Setting – city/urban, small town, rural? Public or Private/Independent? In-state or Out-of-state? If out-of state, what geographic region(s) appeal to you? Religious affiliation preference?

Click or tap here to enter text.

3. What are your favorite school subjects now, and what are your areas of interest for a possible major/field of study?

Click or tap here to enter text.

4. What are your possible career plans after you complete your education?

Click or tap here to enter text.

5. What specialized skills do you have that will help you in college and in your career?

Click or tap here to enter text.

6. What clubs/extracurricular activities (including volunteer work) do you plan to continue in college? Is Greek life (fraternity/sorority) important in your college choice?

Click or tap here to enter text.

7.  Do you plan to play sports in college (even as a “walk on”)? If so, have you registered with the NCAA Eligibility Center to play sports at the collegiate level?

Click or tap here to enter text.

8.  Are you involved in any religious activities?  List church affiliation, if any.

Click or tap here to enter text.

9.  List up to five hobbies you do in your free time.

Click or tap here to enter text.

10.  Are you currently employed?  If so, where?  List all jobs you’ve had in high school.

Click or tap here to enter text.

11. What did you do during the pandemic to improve upon yourself?

Click or tap here to enter text.

12. What do you feel is your most important contribution to your school and/or community during your years of high school?

Click or tap here to enter text.

13.  What do you consider to be your strongest personal asset?

Click or tap here to enter text.

14.  What do you consider to be your strongest academic strength?

Click or tap here to enter text.

15.  List three adjectives you would use to describe yourself.

Click or tap here to enter text.

16.  List three adjectives you believe others would use to describe you.

Click or tap here to enter text.

17.  List three teachers you believe would speak highly of you.

Click or tap here to enter text.

18. Will you be a first-generation college student (the first person in your immediate family to graduate from college)?

Click or tap here to enter text.

19.  To date, what is your favorite high school memory?

Click or tap here to enter text.

20. Is there any other information (not already included) you would like me to know about you (hardships you have overcome; accomplishments you are particularly proud of, **things that make you unique or sets you apart from other students)?**

Click or tap here to enter text.