

PARENT BRAG SHEET

Dear Parent/Guardian,

Please help your counselor prepare your child's letter of recommendation by responding to the following:

1. If you had the opportunity to write to admissions about your child, what makes them stand out amongst their peers? Please share a paragraph to support this.
2. What strengths and/or personality traits does your child possess? Please share examples of when they demonstrated this.
3. Describe specific events from high school that have made you particularly proud of your child.
4. If applicable, provide an explanation of any family, health or other circumstance that has affected your child or their secondary school performance.

Please type your responses and return to me via email.

Thank you,
Your School Counselor

STUDENT BRAG SHEET

Dear Student,

Please help your counselor prepare your letter of recommendation by responding to the following questions with great detail. Please only include information you want your counselor to disclose to a college.

1. What are you most proud of (personal or academic) from high school?
2. What are your possible future career goals/college majors? What have you done outside of class to pursue them, i.e., internships, part-time jobs, community service, etc.?
3. Which extracurricular activities/community activities have been most meaningful to you and why? Have you assumed a leadership position?
4. Is there anything you would like me to communicate to a college on your behalf? Extenuating circumstances, things I don't know about you, special talents.

Please type your responses and return them to me via email.

Thank you,
Your School Counselor