**UHS School Counselor Recommendation Form**

**For College Applications- documents due by the end of your junior year or sooner.**

**For Summer Programs- documents due a minimum of 10 school days before the deadline. (Please respond to questions as it relates to your summer program and include a link to the program).**

In addition to your academic record, activities, and essays, recommendation letters can provide further insight that can be extremely valuable. **Anecdotes are especially useful, so please include real-life examples that can help your counselor personalize your letter.** The school counselor recommendation is intended to provide context and qualitative information to the reader/admission committee. The quality of the letter your counselor can write will be determined by the quality of information you provide. Please be honest and reflective.

**Directions:** Please type your thoughtful responses to the questions below on a word or google document, include a list of your potential colleges categorized by reach, target, and safety, and attach an activity resume. Submit information to your counselor according to the time frame described at the beginning of this form.

1. How have you changed since freshman year?

2. Briefly describe a time where you were challenged. How did you handle the challenge? How

 are you different after that experience?

3. What do you plan to study in college and why? If you are unsure, please share what subject

 areas you are looking forward to taking.

4. What academic and personal skills do you have which will contribute to your learning in

 college? Be specific and provide at least three examples.

5. Identify at least two experiences, strengths, or interests which will help you connect and

 become involved in your college community?

6. When you think of attending college, what are you most excited about?

7. In what ways are you prepared to live independently on a college campus?

8. Name two or more characteristics that describe your personality and provide a brief example

 of how each characteristic applies to you.

9. If you were to write a letter of recommendation for yourself to a college, is there anything

 you would be certain to include that you feel needs further explanation.

10. Please list your extracurricular activities (sports; clubs; jobs; volunteer activities; etc).

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