

Ballard High School

Counseling Department

Letters of Recommendation (Student Information Sheet)

Name _____

Email _____

*Please answer the following questions completely in order for your Counselor to prepare your letter of recommendation. You should create a word document or write out your answers (your responses should be more than a few sentences.) Give your completed response sheet to your Counselor or send electronically through their email. Please give this information to your Counselor **2 weeks prior** to your application deadlines. **Counselors will not prepare letters of recommendation without this form being completed and returned to them.***

1. List 3 adjectives you would use to describe yourself and give examples to show this:
2. What are your important school related activities (i.e. sports, clubs, music, etc.) and what have you learned from participating in them?
3. Choose one of your volunteer, work or extracurricular experiences and explain how it changed you as a person:
4. What values, goals, ambitions, or dreams are important to you?
5. What are you interested in or plan on studying in college and why?
6. What are your strengths? Give examples that illustrate these... What is an area of weakness? Why?
7. Describe a challenge or obstacle you have overcome in your life:
8. What are your important activities or interests outside of school?
9. Is there anything else you would like for me to consider in writing your letter of recommendation?

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Parent/Guardian Information for Student Letter of Recommendation (*Optional*)

Please tell us about your son or daughter. Include anecdotes or examples to illustrate qualities you wish to share about them.