

Brag Sheet

Marian High School

Due when you apply to your first college or university.

The Guidance Counselors believe that you should have a certain amount of input into the letters of recommendation that they write to colleges and universities on your behalf. We are asking for your perceptions of your educational and personal growth. Section one and two should be filled out by you, the student, and the third section by your parents.

Please copy these pages into a Word document, type in your resume and answers to the questions, save this brag sheet on your computer, and then email it to mtalos@marianhs.org. Do not bring in a copy to the Guidance Office. If you can't email, you can bring in a copy on a thumb drive to Mrs. Talos.

Save this to send to anyone else who you might ask to write a letter of recommendation for you throughout the year.

1. **RESUME** (follow the format shown)

Extra Curricular Activities/Interests

1. Activity/ Interest
2. Dates
3. Description
4. Average hours – indicate per week or per month
5. Supervisor

Volunteering

1. Position
2. Organization
3. Location
4. Description
5. Dates
6. Average hours per week
7. Supervisor/contact

Employment

1. Position
2. Employer
3. Location
4. Description
5. Dates
6. Average hours per week
7. Supervisor

Honors Awards

1. Award
2. Position
3. Organization
4. Dates
5. Description if needed.

Additional Education

1. Dates
2. Course Title
3. School
4. Location
5. Grade
6. Description if needed

Additional Skills

1. Skill
2. Level of experience: beginner, intermediate, advanced, or expert
3. Years of experience
4. Description

2. **PERSONAL INFORMATION**

1. List 5 adjectives that describe something about yourself as a person.
2. What do you consider your greatest strengths?
3. What do you consider your greatest weaknesses?

4. What are your proudest accomplishments academically **and** personally?
5. What extra-curricular activity has been most meaningful to you and why?
6. What job experience has been most meaningful to you and why?
7. Describe an instance in which an article, book, play, or film has caused you to change your way of thinking.
8. What has been your most stimulating intellectual experience in recent years?
9. Describe any summer experience that has been of significant importance to you.
10. Comment on any significant travel experiences you have had or different locations where you have lived.
11. Have there been any factors in your personal life that have impacted your grades at any time in high school in a negative manner?
12. What do you plan to study in college? (List “undecided” if you don’t know.)

3. PARENT BRAG SHEET

1. Describe your daughter/son in five adjectives.
2. What do you consider to be his/her outstanding personality traits?
3. What do you consider to be your child’s outstanding accomplishments during the past three years and why?
4. In what areas has your child shown the most development and growth during the past three years?
5. Are there any unusual or personal circumstances that have affected your child’s educational or personal experience?