

EAST BRUNSWICK HIGH SCHOOL SCHOOL COUNSELING DEPARTMENT

TO: ALL STUDENTS

RE: DIRECTIONS FOR COMPLETING THE ACTIVITY SUMMARY

In order for the counselors to be able to effectively generate a counselor letter of recommendation, it is imperative to complete the activity forms and brag sheets. Since the forms will be available online, make absolutely certain that the activity form best represents you. It will accompany your college applications.

Tips on Completing:

1. The form should be typed.
2. Space activities appropriately; don't crowd the form.
3. Use a second sheet, if necessary.
4. Remember that community involvement and employment are important factors.
5. Include offices held, leadership displayed, awards won, etc.
6. Don't underestimate your contributions; the unusual is often significant.
7. List similar activities together.
8. Keep your entries to a reasonable number – select the major ones and make them stand out. They like to see consistency of involvement in a few activities.
9. Double check for spelling.

Final Note: Submit to the School Counseling (Guidance) Office as quickly as possible but no later than finals week for use in writing recommendation letters and scholarship referrals.

EAST BRUNSWICK HIGH SCHOOL
SCHOOL COUNSELING DEPARTMENT

PARENT BRAG SHEET
COLLEGE RECOMMENDATION

NAME OF STUDENT: _____

Please answer the following questions:

1. What do you consider the outstanding accomplishments of your child during the past three or four years? Why did you select these as most important?
2. In what areas has your child shown the most development and growth during the past three or four years?
3. What do you consider your child's outstanding personality traits to be?
(Perseverance, independence, patience, etc.)
4. If you had to describe your child using five adjectives, what would they be?

(over)

5. Are there any unusual or personal circumstances which have affected your child's educational experiences or personal life?

Please feel free to use a second sheet of paper if your comments do not fit into the space provided.

Name of Counselor

Parent Signature

5. Give five descriptive adjectives that help describe you as a person.

6. What extracurricular activity has been most important to you? Why?

7. What job experience has been particularly meaningful? Why?

8. At this time, have you formulated a career choice or college major? If so, what is it?

9. What are your personal goals?

10. Is there anything you think that your counselor doesn't know about you that might influence a recommendation?

Please feel free to use a second sheet of paper if your comments do not fit into the space provided.

Name of Counselor

Student Signature