

Valencia Counseling Office - "Brag sheet" template

Please use this worksheet as a template for a type-written personal resume. Create it as a Word document so that it can be updated when you need to add to it. Valencia staff members who will be writing letters and filling out college and scholarship applications will need this information to be able to give you the best recommendation possible. Make sure you give this information to the person at least three weeks before the recommendation must be mailed.

Suggestions to consider when preparing your "brag sheet" or resume for college applications

Universities are looking for distinctive applicants that will enrich/enhance the academic community with dynamic leadership, social, cultural, and ethnic diversity, along with academic or artistic brilliance. What is the message that you want to create with your application? What are your unique experiences, skills, strengths? How will you present yourself?

1. Am I student who has challenged themselves? Have I taken advantage of academic opportunities - the most rigorous educational options - the most challenging coursework available in my community? Have I traveled out of my neighborhood to a high school magnet academy for the challenge and educational opportunities?
2. Have I distinguished myself in the context of a rigorous course of study (IB Academy, Val Tech Academy, AVID Academy or a strong sequence of Advanced Placement coursework), the quality and quantity of my coursework, outstanding grades, superior test scores, honors/awards, extensive leadership and service? Do I have a diversity of interests and experiences that are presented clearly and explained in detail in my application and autobiographical essay.
3. Am I a unique, distinctive, a person of influence, "a game-changer?" Do I have special, desirable, unique, skill sets; extensive leadership and service experiences, internships, artistic, athletic, civic, cultural, travel, religious, interest that set me apart. Can I establish a consistent, application-wide message that I am a very competitive applicant that has integrity and character.

A. Personal Data

1. Name _____ Cell phone _____
Create a new, unique, college application email address: _____
2. List the colleges you will apply to _____
In priority order list your intended college majors. 1st _____ 2nd _____

B. Scholarship: Current weighted GPA ____ Un-weighted GPA ____ Total number of AP/IB courses ____
VHS Distinguished Scholar ____ National Merit Scholar or Commended ____ CSF membership ____ NHS ____
IB Diploma ____ AVID Diploma ____ Val Tech Diploma ____ AP Scholar ____ VHS Perfect Attendance ____

List past and current AP/IB exams. Include test scores.

AP/IB Exams

- | | | | |
|----------|-------------|----------|-------------|
| 1. _____ | score _____ | 4. _____ | score _____ |
| 2. _____ | score _____ | 5. _____ | score _____ |
| 3. _____ | score _____ | 6. _____ | score _____ |
- SAT1 Date _____ Best single date score _____ Super score _____
ACT Date _____ Composite score/ scores _____

C. Activity resume

List three leadership positions in order of importance.(eg. ASB, Varsity Lacrosse Captain, Senior Patrol Leader: BSA, NJB Coach)

List your three most important group memberships. (eg. VHS Red Cross, VHS: OCAD, B.S.A., Church Youth Group/Worship Team)

List your three most important summer activities. (eg. barrister Starbucks, UCI Cosmos Science program, Family trip to Europe)

List your hobbies and other cultural activities. (eg. piano lessons, ultimate Frisbee, martial arts, Folklorico dance)

List four important service activities. (eg. VHS Interact Club, BSA Eagle Project, Temple Tikvah Mexico Mission, Tiger Pride Days, etc.)
