

MY HIGH SCHOOL STUDENT PROFILE

Fill this out (then make copies of this) and give 1 copy to your recommender as a cheat sheet for them. The information on this form will give your recommender additional insight so that they can easily and quickly write you a stellar recommendation. Give the recommender a couple of weeks' time at least, and send them a thank you card soon after you have picked up the recommendation letter.



ACADEMIC INFORMATION

What type of classes have you taken? (Circle all that apply)

General College Prep GATE Honors AP BC/CSUB

What's the most advanced class you have taken or are taking? What grade did you get?

_____ What is your current overall GPA? _____

What makes you stand out/unique as an academic student?

EXTRACURRICULAR INFORMATION

What sports, clubs or academic societies have you participated at your high school?

Freshman Year: (____ - ____) write in the school year

Sophomore Year: (____ - ____)

Junior Year: (____ - ____)

Senior Year: (____ - ____)

What activities or community service have you done outside of school? List what year you did it. (Volunteering, church activities, Boy Scouts, Club sports, organizations you belong to outside of school, summer leadership programs, etc...)

Do you have any work/job experience? Describe the job, your job title and how long you worked.

AWARDS AND RECOGNITION

During your high school years, have you received any certificates or awards inside or outside of school?

DATE	AWARD	DESCRIPTION (use another page if necessary.)
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CHARACTER

Have there been any obstacles that have been challenging to overcome? If so, describe them and how you overcame them.

How can you best describe yourself? (3 adjectives with a description)

GOALS

What are your academic plans after high school? (study, work, Community College, CSU/UC, Private University, career training, etc...) If you have decided, what will be your major of study?

REFLECTION

What activities have you participated/experiences you've had during your years in high school, that have made an impact in your life, career choice, or life goals? Describe.
