

TORRANCE HIGH SCHOOL SENIOR BRAG SHEET

STUDENT NAME:

E-mail Address:

Are you a First Generation College student? Yes No
(Neither parent/guardian graduated from a 4-year college in the US)

What is your anticipated college major?

Career goal?

Why do you wish to pursue this major/career? How have you explored this interest insight and/or outside of the classroom? Please share what you've done to support or explore this major/career interest.

HIGH SCHOOL ACTIVITIES: Please list your high school activities, including clubs, teams, and student government. Circle the grade in which you participated, and indicate any leadership positions on the right.

	Activity	Description
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COMMUNITY SERVICE: Please list your volunteer work and/or church activities. Include a description of your involvement in the organization (time spent, responsibilities, etc).

AWARDS: Please list any special award (academic and non-academic) that you have received and the year you received them.

WORK EXPERIENCE: Please describe any jobs that you have had since entering high school. Include the average amount of time that you have worked at each job. What have you learned on the job that school could not have taught? What do you do with your income?

List 3 adjectives to describe yourself: Be specific. How do you demonstrate these qualities?

1.

2.

3.

Describe your academic strengths. Were there any subjects you naturally excelled in? Did you have a meaningful experience?

Do you think that your academic record is an accurate reflection of your abilities? Please use the space below to explain why or why not.

List four unique things about you that set you apart from other candidates. (Refrain from listing your strengths, weaknesses, and adjectives.) Examples include I have kept a diary since eight grade. I have been in a television commercial. I speak fluent English and French. I have moved 6 times in the last 10 years. You can also use this space to share your special interests, hobbies, and talents.

Tell me about a meaningful activity outside of the classroom (e.g., clubs, volunteering, work, hobby, sports, etc.) that you were involved in and how it left an impression. Please include a detailed account of your participation, what compelled you to remain committed to that project/activity, what you learned, and the personal reward attributed to the accomplishment.

Have you experienced any significant challenges or personal circumstances in your life (e.g. additional responsibilities at home that have kept you from getting involved at THS, wellness, etc.)? If yes, please share how you have managed or overcome this obstacle. What have you learned from these experience.

What responsibilities do you have within your family? What special family activities or cultural philosophies have contributed to your high school experiences? How have they affected your decisions regarding your post high school options?

Compare yourself from 9th grade to now. What personal growth have you observed about yourself?

Please use the space below to share something about yourself that your counselor/teacher might not know and really hope your counselor highlights about you in your Counselor Letter of Recommendation. For example, what are you passionate about? Or, share something that you are proud of. This can be academic or non-academic (e.g., your personal background/identity, culture, interests, talent/skill, leadership, accomplishments).