

# LAKE BRADDOCK SECONDARY SCHOOL

## HS COUNSELING STUDENT SELF EVALUATION FORM

\*\*Due from Juniors the last day of school if requesting a letter of recommendation from the school counselor\*\*

### Directions

Your school counselor would like your letter of recommendation to be an accurate reflection of your history and abilities. Therefore, it is important that you answer all questions in as much detail as possible. Please neatly complete this form or provided a typed copy. Thank you.

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Student email: \_\_\_\_\_  
Post-Secondary Plans: \_\_\_\_\_  
College Major/Career Goal: \_\_\_\_\_  
SAT: \_\_\_\_\_ SAT Subject(s): \_\_\_\_\_ ACT: \_\_\_\_\_ TOEFL \_\_\_\_\_

1. Are you a first generation college student? \_\_\_\_\_

2. Is your high school transcript an accurate measure of your ability and potential? Please Explain.

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3. Describe what you believe are your academic strengths. Please list specific characteristics and skills.

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4. What makes you unique at Lake Braddock Secondary School?

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5. What is the most important thing you want a college to know about you?

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6. **Please list or attach** a resume or activity sheet of all the activities in which you have participated, both inside and outside of school beginning with grade nine through the present time. (Arts, clubs, sports, volunteering, employment, etc.)

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7. What awards, special accomplishments and unique interests, either in or out of school, would you like to highlight?

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8. List three words that describe you and why?

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9. What subjects are you interested in studying in college?

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10. What are your future goals and possible career choices?

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11. What, if anything, would you do differently if you had to experience high school again? If nothing, how have you made the most of your high school experience?

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12. Identify one area of your life you feel needs improvement?

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13. Explain any family situations or other obstacles that have influenced/affected your high school career?

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14. Anything else you would like to share?

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Thank you for completing this form. Best of luck to you in reaching your goals!

# To Waive or Not to Waive Your Right to See Letters of Recommendation

Under the terms of the Family Educational Rights and Privacy Act (FERPA), you can review letters of recommendation and accompanying forms after you enroll at a postsecondary institution and only if that institution saves the documents post-enrollment.

Why should you consider waiving your right of access? Waiving your right lets colleges know that you will never try to read your recommendations. That in turn reassures colleges that your recommenders have provided support that is candid and truthful. While you are free to respond as you wish, if you choose not to waive your right, some recommenders may decline your request, and some colleges may disregard letters submitted on your behalf. Remember, even if you retain your right of access, you still won't be able to view any recommendations until after you have been admitted to and enrolled in a college. In other words, FERPA does not give you the right to inspect recommendations before they are sent to your colleges.

**Please indicate whether or not you waive your right to access any recommendation letters, recommendation forms, and/or comment forms that are submitted on your behalf.**

**See your counselor if you have questions.**

\_\_\_\_\_ Yes, I waive my right to access any recommendation letters, recommendation forms, and/or comment forms submitted by me or on my behalf.

\_\_\_\_\_ No, I do not waive my right to access any recommendation letters, recommendation forms, and/or comment forms submitted by me or on my behalf.

I have read and understand the information above. This form must be signed and included in your self-evaluation packet to request a letter of recommendation from your Lake Braddock School Counselor.

Student Signature: \_\_\_\_\_

Parent /Guardian Signature: \_\_\_\_\_

Date submitted: \_\_\_\_\_

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