

## Counselor Recommendation Request Form

Instructions: Please complete all questions on this form so that your counselor can write a specific and unique letter of recommendation that reflects your true strengths as a student. Keep in mind that the more specific the details you can give, the more personal and effective your recommendation will be.

***\*\* This form must be returned to your counselor no later than ten (10) school days before your earliest application deadline to ensure that your counselor has adequate time to write and submit your letter! \*\****

Student Name: \_\_\_\_\_

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

1) What excites you about going to college?

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2) What is your intended major and why have you chosen this major? If undecided, you may discuss subjects that you might be interested in studying, or describe why you feel beginning college without declaring a major will be beneficial to you.

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3) What do you hope your life looks like 10 years from now? (college/career/living situation/family/etc.).

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4) Describe your academic strengths. Do you believe your academic record is an accurate reflection of your ability? If not, please explain why.

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5) Pick one (or more!): What is your favorite quote, book, movie, song, band/musical artist and why?

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6) Describe a time that you overcame a challenge or obstacle in your life (this can be academic, personal, social, emotional, etc.). You may also discuss a challenge that you are currently facing.

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7) Describe any achievements in your life that you are proud of (i.e., **why** are you proud of these achievements?).

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8) Describe any work experience or volunteer work. If you have a full or part-time job during the school year or summer, please list where you work and how many hours per week.

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9) What do you like to do for fun?

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10) What events, experiences, and/or people in your life have had the greatest influence on making you the person you are today?

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11) What is something your school counselor probably doesn't know about you?

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12) List 3 adjectives you would use to describe yourself:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Remember, this form must be given to your school counselor at least 10 school days before your recommendation is due.**

13) Additional Information: Use this space to share any additional information with your counselor. Is there anything not already stated that you want to make sure they know prior to writing your letter of recommendation? What hopes do you have for your college experience?

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