

RECOMMENDATION REQUEST FORM

Sequoyah High School Student Services

Please complete this form and submit it to your counselor when requesting a recommendation for college admission, scholarship, summer program, or other opportunity.

NAME _____ ID# _____

Background Information:

List your personal strengths

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

List your academic strengths (these should be different from the above strengths)

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

List 5 adjectives that you believe describe you and why these words describe you

1. _____
2. _____
3. _____
4. _____
5. _____

Please note any special or unusual personal circumstances that you have experienced that may have impacted your education or accomplishments: _____

| |
|-------|
| _____ |
| _____ |

I. Extracurricular Activities

School Year(s)

**Hrs. per wk/
Wks. per yr.**

Positions/Honors

Examples: Classical piano

9, 10, 11, 12

5/50

*Play in recitals,
Compose music*

Football

10, 11, 12

8/17

*Fullback, most
Improved player*

II. Honors and Awards

Example: Governor's Honors

School Year(s)

11th

Honors/Title

Summer program - Math

III. Community Service

*Examples: Cherokee Co. Fire Dept.
Emergency Medical Response
Explorer Post #5*

School Year(s)

11, 12

**Hrs. per wk./
Wks. per yr.**

4/50

**Description/
Responsibilities**

*Train for EMR support
Assist with county events*

Must Ministries

10, 11

3/10

Help organize food bank

IV. Employment

Example: Babysitting

School Year(s)

9, 10, 11, 12

**Hrs. per wk./
Wks. per yr.**

3/20

**Responsibilities/
Earnings**

\$60 per month

V. Summer Experiences

Example: Trip to London

Summer

2010

Wks

2 weeks

Description

In-depth historical tour

VI. Hobbies and Interests

School Year(s)

**Hrs. per wk.
Wks. per yr.**

Description

Example: reading novels

9, 10, 11, 12

3/52

*Mainly Tom Clancy and
Ayn Rand, mystery &
fiction*

In one paragraph, what sets you apart as an individual?

OPTIONAL - Parent Brag Sheet

Please feel free to write whatever you think is appropriate and attach to this form. You may want to consider unusual or outstanding accomplishments, development and growth in high school, personality traits, unusual or personal circumstances that impacted your student's education. Don't forget to indicate your student's name on the top of the page. Thank you!