



Sacred Heart Catholic School

BRAG SHEET FOR LETTERS OF RECOMMENDATION

Please fill out this form as accurately and completely as possible. Don't be afraid to "brag" about yourself a little. Your counselor, teachers, coaches, mentors, and supervisors will use this information to recommend you for scholarships, college admissions, summer programs, and other honors/awards. You may attach a separate sheet of paper and/or résumé if you like. Feel free to attach your personal insight questions as well.

Letters of Recommendation need to be requested AT LEAST TWO weeks in advance

Give THIS completed document AND the completed activities sheet to the individuals you ask for a recommendation

Last name

First name

_____/_____/_____
Date of birth

Email

Name of parent/guardian

Name of parent/guardian

1. Which adult relatives do you live with? *Mark all that apply*

☐ Father ☐ Step-father ☐ Mother ☐ Step-mother ☐ Grandfather ☐ Grandmother
☐ Aunt ☐ Uncle ☐ Legal Guardians ☐ Others _____

2.

Father/Guardian Place of Employment

Mother/Guardian Place of Employment

3. Has your mother, father, or grandparents been in the military:

Check all that apply - ☐ Army ☐ Navy ☐ Air Force ☐ Marines ☐ Coast Guard

4. Are you from a single-parent family? ☐ Yes ☐ No

5. List siblings/ages: _____

6. List 5 adjectives that describe you and explain why.

- _____
- _____
- _____
- _____
- _____

7. What do you consider your personal strongest asset and why?

8. Describe your goals and aspirations for the future.

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9. Where do you see yourself in 5 years from now?

10. Where do you see yourself in 10 years from now?

11. Tell me about an incident/situation that reveals something about your personality. Be specific.

12. Career Goals: What do you want to do when you grow up?

1) _____ 2) _____ 3) _____

13. List the college and universities you are planning to apply to and have already applied.

College/University	Planning/Applied	Major
Example – Texas State	Applied	Sociology
Example – TCU	Planning	Business

14. Explain how you make an impact at school or in the community.

15. What sets you apart from your classmates/peers who have similar grades? (Include any special talents, interests, strengths or passions).

16. Evaluate yourself, consider intellectual motivation, work ethic and ability to work under pressure. Is your academic record a true indicator of your potential?

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- 17. Broader context in which we should consider your performance and involvements? Some examples of broader contexts include particularities of family situation or responsibilities, after-school work obligations, sibling childcare or other circumstances, either positive or negative.**
- 18. What have been the most significant experiences in your life?**
- 19. What have been the greatest challenges in your life (hurdles you have overcome)?**
- 20. Is there anything else you would like for someone writing a letter of recommendation to know about you? (Hardships you have overcome; accomplishments you are particularly proud of, if you have any special circumstances, concerns for financial need, parent out of work, a large family, a brother/sister already in college, large medical bills and that you are the first in the family to attend college.)**

- **Attach a copy of your transcript.**
- **Optional: attach a printout of your SAT OR ACT scores. (If applicable).**

If any information changes during the year, please update your recommenders.