

# Student Self-Reflection

## Student Questionnaire for Counselor Statement

This sheet will provide information to assist in writing the counselor Statement. Your input is valued and appreciated. In responding, please consider what you think is most important to include in the counselor letter of recommendation to colleges. Please complete prior to a Junior college/post-secondary planning meeting and return to your counselor.

**Student's Full Name:**

**Email Address (one that you check regularly):**

**Are you the first in your family to attend college?**

**Parent/Guardian I College and Occupation:**

**Parent/Guardian II College and Occupation:**

Taking the time to **REFLECT** on your strengths and interests and what you are looking for in post-secondary options will lead to more confident decisions.

### **PERSONAL QUALITIES AND EXPERIENCES**

Tell us who you are, without telling us what you do:

(For example: Instead of "I run cross country and participate in the Student Council" you could say "I am a highly organized person who really enjoys math and science")

What are your strengths?:

What are your areas of growth?:

What experience (outside of the classroom) or extracurricular activity has been most important to you and why?

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### **ACADEMIC TRENDS/GROWTH**

In what environment do you learn best?

Who among the faculty knows you best? (This is who you may ask for a letter of recommendation)

Which particular experience(s) or incident(s) have had a major impact on you academically? [i.e.: moving, cultural differences, accident, divorce, death, difficult home situations, or health problems]  
AND/OR Are there any anomalies on your transcript that you believe warrant explanation? Please explain.

What classes at NHS have you most enjoyed? Why?

What do you believe your greatest area of ACADEMIC GROWTH has been at NHS?

What are your educational and career goals? Have you had the opportunity to explore this (how so) and have your experiences at NHS impacted this decision? Please describe.

What have you chosen to learn on your own?

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### **AREAS OF IMPACT**

What are you most proud of during your time in high school?

Please share how you spend your time outside of school. Include part-time work, family obligations, community service, extracurricular activities, leadership experiences, and/or contributions made at NHS or beyond. Colleges are looking for how you have impacted your peers and how that will translate to what contributions you will make on their campus. Please reflect and respond.

Please list honors/awards earned, *if any*. (Honor roll, class awards, perfect attendance, African American & Latino Scholars (AAL Scholars, National Honor Society, etc.)

How have you spent your summers?

Is there anything else you want to share with your counselor so that we can write an accurate appraisal of your counselor statement? Or, tell your counselor something you think they should know that's not covered in any of these questions. Also, is there anything you feel your counselor should omit from the counselor statement?

**\*\*\*Please submit a copy of an activity sheet and/or resume to your counselor\*\*\***