

**Guidance Department  
Hopewell Valley Central High School**

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

Dear Counselor,

One responsibility of your counselor is to write a letter that summarizes your academic and extracurricular achievements to be sent with your college applications. In this letter the counselor also presents some sense of your promise for further personal and intellectual growth. It is important to us that we successfully present your unique qualities, but this is not an easy task! Therefore, we would appreciate your giving us an honest estimation of yourself, what you have accomplished, and what you would like to accomplish in the future.

Please take the time to think about who you are and where you are headed. Don't limit discussions only to what has happened to you in school. Include experiences drawn from any area of your life. Be thorough and specific! **Remember, the more we know about your positive qualities and experiences, the better equipped we are to present you in a positive light to college admissions officers!**

Thank you,

The Guidance Department

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*Please type your responses on a separate sheet of paper.*

**Academic**

1. What are your academic interests?
2. Which courses have you enjoyed the most? Why?
3. Which courses have given you the most difficulty? Explain.
4. What specific courses might you like to study in college, and what majors and/or minors are you considering?
5. What do you choose to learn when you can learn on your own? Use specific examples. What do your choices show about your interests and the way you like to learn?

**School Related Activities**

6. List all extracurricular sports, clubs, or activities in which you participate/have participated. Include the dates/years of participation.
7. In what extracurricular activities have you shown the most commitment or held leadership positions? Describe briefly how these activities have influenced you and/or what you have learned from them.
8. What awards, honors, or special recognitions have you received?

### **Out of School Activities**

9. List all volunteer, service, employment or group activities in which you participate/have participated outside of school.
10. In which of these activities have you shown the most commitment or held a leadership position? Describe briefly how these activities have influenced you and/or what you have learned from them.
11. What awards, honors, or special recognition have you received?
12. Have you taken any classes outside of CHS? Please list class title(s), date(s), and location(s), and briefly discuss what you gained from the experience.

### **Personal**

13. If your friends were asked to describe you, what would they say and why?
14. What has been your most stimulating intellectual and/or personal experience in recent years? Explain what you gained from this experience.
15. Is your high school record an accurate measure of your ability and potential? If not, what would you consider the best measure of your potential success in college work?
16. What circumstances, if any, have interfered with your academic performance?
17. Has any summer experience, work, travel, or study been of significant importance to you? Please describe.
18. What do you consider your greatest strengths? Give an example/some examples of when you had to tap into your strengths to help you achieve a goal.
19. What do you consider your greatest limitations? How do you work to overcome these limitations?
20. Please name two teachers who know you well and are familiar with your academic work.
21. Please name one or more extracurricular advisors and/or coaches in the school who know you well and are familiar with your work ethic.
22. Is there any other information you would like to share with your counselor so that he/she can make an accurate appraisal of you to colleges and universities?