

Counselor Recommendation Packet
Little Rock Central High School

Return this packet and a **one-page** resume (example attached) **at least 3 weeks before first deadline** (earlier helps)

Last Name	First Name	ID
Email		Phone

Schools for which a counselor letter of recommendation is required (almost all are Common App schools)

School	Due Date	Why I Am Applying To This School

Teacher(s) writing letter of recommendation for schools that require one (if required, usually just one)

Three other teachers who would be a good resource in providing information about classroom performance

Teacher	Class I Had With This Teacher

Other schools, if any, to which I am applying (no letter of recommendation required).

Transcript Ordered in Naviance for each school listed on this page? Yes___

STUDENT BRAG/INFORMATION SHEET

Date: __/__/__

Please type this or at a minimum have it be very readable.

Filling out this sheet helps your counselor to get to know you better and have information that will help in writing recommendations for scholarships, colleges, and awards. Be very thorough; the more information you provide the better we can help you. Do not be shy with your answers – this is a brag sheet.

Last Name: _____ First Name: _____ Middle Name: _____

1. What are your goals for the future and why?
2. What reasons/criteria were used in the selection of the schools to which you are applying.
3. If you have an intended major/field of study, what is it and what have you done up to now to investigate/prepare?
4. What subjects are you most interested in? Why?
5. What class has had the most impact on you?
6. What are you most proud of from your high school experience?
7. Are there any challenges you have faced as a student (in class, out of class, scheduling, etc.)? How did you overcome them?
8. What type of environment do you thrive in (collaborative, hands-on, discussion, independent, etc.)? Why?

9. Briefly describe the leadership role (formal or informal, in or out of class) that has been the most important to you?

10. In what activities outside of the classroom do you feel like you've had the biggest impact? How? Which have had the biggest impact on you?

11. Any hobbies/special interests/special talents?

12. What do you consider your greatest strengths?

13. What are your proudest accomplishments and why?

A. Academic (major paper, science experiment, artistic project, etc.)

B. Personal

14. Briefly describe your most stimulating intellectual experience in recent years.

15. Briefly describe an instance when a person, event, book, article, film, etc. has caused you to change your thinking / way of life.

16. What are the first words that would come to someone's mind when describing you?

17. If there is anything else that you feel would be helpful but was not asked, please write below.

PARENT BRAG/INFORMATION SHEET

Date: __/__/__

Filling out this sheet helps the counselor in writing recommendations for scholarships, colleges, and awards. Do not be shy with your answers – this is a brag sheet!

STUDENT'S PERSONAL DATA

Last Name: _____ First Name: _____ Middle Name: _____

1. What do you consider to be your child's outstanding accomplishments during the past three years? Why did you select these as the most important?

2. In what area(s) has your child shown the most development and growth during the past three years?

3. What do you consider being his/her outstanding personality traits?

4. If you had to describe your child in five adjectives, what would they be?

5. Are there any unusual or personal circumstances that have affected your child's educational or personal experiences?

Any other comments that you feel would be helpful.

Please feel free to use the back of this sheet if your comments do not fit in the space provided. Thank you.

Parent Signature

Date

COUNSELOR'S OFFICE
CENTRAL HIGH SCHOOL
1500 South Park St
Little Rock, AR 72202
501.447.71417

PARENT PERMISSION TO SEND TRANSCRIPT

Federal law requires that for any student under the age of 18, parental permission must be obtained to send a transcript or transcripts.

Student:

Last Name: _____ First Name: _____ ID: _____

Parent/Guardian:

I give permission to the Central High School guidance department, to send transcripts to any colleges/universities and/or for any scholarship consideration that my child requests.

Name: _____

Signature: _____

Date: _____

**Example of 1-page resume.
Could be used if requested for
college apps as well. They see
so many they need to be able to
see the highlights easily.**

Sample Student

123 Main St.

Little Rock, Arkansas 72202

SampleStudent@gmail.com

EDUCATION

- Little Rock Central High School (9th grade to present)
- GPA 3.90 ACT 27
- AP Courses Completed: World History, US History, English Lang., Calculus AB

HONORS AND AWARDS

- Eagle Scout (2018)
- Hugh O'Brian Leadership Award (10th grade, 1 of 2 sophomores selected)
- AP Scholar with Honors (11th grade)
- AP Capstone (in progress)
- Honor Roll (9th grade to present)
- Band All-State Woodwind (9th and 10th grades)

EXTRACURRICULAR ACTIVITIES

- Student Council (9th to present, Vice-President 11th)
- Marching Band (9th to present, section leader 11th and 12th)
- Club Volleyball (8th to present, daily workouts at 5:00 a.m.)
- National Honor Society (9 to present, member)
- Science Fair, Biochemistry 2nd place at state (10)

EMPLOYMENT

- Restaurant Cashier (11th and summer)
- Lifeguard (10th summer)
- Babysitting (6th to present)

COMMUNITY SERVICE

- Camp Aldersgate, (Volunteer Counselor 9 - 12, 400 hours over three summers)
- Vacation Bible School volunteer (9th -12th, 20 hours each summer)
- Tutor, Central High School after-school program (10th to present, 30 hours each year)
- Arkansas Food Bank (10th, 20 hours)
- Museum of Discovery (summer volunteer 9th – 11th, 11th was trainer of volunteers)

EDUCATIONAL OPPORTUNITIES

- Medical Internship at UAMS, 2 40-hour weeks (11th summer)

HOBBIES / SKILLS

- Cooking
- Fluent in English and Spanish
- Build / Program Computers
- Piano (6th to present, multiple awards at contests)