

MY BRAG SHEET

First Name:

Last Name:

Date Updated:

Current Grade level:

Email Address:

Phone Number:

Personal Profile

Extracurricular Activities

School activities/club memberships, athletics, etc.

Activity Name	Position Held	Hours per Week & Academic Years Involved	Experience & Skills Gained

Non-School Activities

I participated in these activities outside of school.

Activity Name	Position Held	Hours per Week & Academic Years Involved	Experience & Skills Gained

Volunteering/Community Service

These are the ways in which I have given back to the community.

Name of Organization	Position	Service Provided	Hours per Week & Academic Years Involved

Top Academic Courses

Top 3 academic courses or subjects in which I excel, and the skills I've gained as a result.

Course	Related Skills

Academic Record

Overall GPA	
College Entrance Exam Scores	

Kuder Assessments

Top 3 Career Pathways	
Top 3 Work Values	
Holland Code	

Work Experience

My current and past employment history.

Employer	Job Title	Dates (Month & Year)

Awards and Honors

These are the distinctions I have received.

Name of Award/Honor	Reason for Award	Date Received

Future Plans

Check any of the following which apply:

4-Year College: _____

2-Year College: _____

Vocational School: _____

Apprenticeship Program: _____

Intermediate Employment: _____

Armed Services: _____

Other: _____

Top 3 schools to which I plan to apply:

1st Choice	2nd Choice	3rd Choice

Career Goals

Top 3 careers I can imagine myself pursuing:

1st Choice	2nd Choice	3rd Choice

Personal Details

Top 3 adjectives that best describe me:

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Top 3 accomplishments in high school:

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These are 5 adults who know me and would speak highly of me:

First & Last Name	Position	Relationship in My Life	Contact Information

Positive things that my friends, teachers, and coworkers would say about me:

Here is how my attitude and skills will help me be academically successful in my post-high school plans:

What I'm passionate about and why:

Special talents, hobbies, interests, or travel experiences that have influenced me:

Here are some additional facts and details about me that may be helpful for you to know as a letter of recommendation writer:

Here is a paragraph that would be appropriate to be included in an accurate and complimentary letter about me:

Parent Input

Top 3 adjectives that best describe my child:

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Here is what I consider to be my child's top 3 accomplishments in high school, and why each is significant:

Here are some personal or unusual circumstances that have affected my child's education or experiences: