

NORTH VALLEYS HIGH SCHOOL

Brag Sheet

To Be Used For Requesting Recommendations

Please complete this form and give a copy to any teacher or counselor from whom you request a personal college or job recommendation. The information helps us write a great personal and effective recommendation for you. When you request a recommendation, it is courteous to provide a stamped envelope addressed to the school or company to which you are applying.

*****Please be certain to give your request at least two weeks before any deadlines. *****

Student Name: _____

Phone: _____ Email Address: _____

Personal Reflections: Please answer as completely as you can. Use additional sheets if necessary.

❖ What two or three (academic & personal) accomplishments are you most proud of and why?

❖ What do you see as your greatest academic strengths and weaknesses? Give examples of your strengths.

❖ List three words that you would use to describe yourself and why?

1.

2.

3.

❖ Discuss a failure that taught you something.

❖ List three goals that you have in life:

1.

2.

3.

❖ Describe any distinctions or honors you have earned beginning with 9th grade:

❖ List any extracurricular, personal, and/or volunteer activities have you participated in?

❖ List any jobs you have held and approximately how many hours you worked per week:

Employer:

Position:

Responsibilities:

Approximate dates of Employment:

Approximate number of hours spent per week working: