

Letters of Recommendation (LOR)

Name: _____

Key Points

- Not all schools required LOR. Research this first before asking teachers/counselor.
- Ask teachers/counselor if they are willing to write you a LOR at least 3 weeks in advance of the first due date.
- Once they confirm, send them this form and a list of schools and deadlines.
- Both Common App and non-Common App schools will have links that you will need to send to teachers/counselor once they agree to write your LOR.

Do you have Common App schools that need LOR? Yes No

Do you have non-Common App schools that need LOR? Yes No

Please complete the questions below to help supplement your counselor/teachers' knowledge of you.

1. What 3 adjectives would others/you use to describe yourself? Explain each of them or share an example
2. What are your significant talents and strengths (academic and/or extracurricular)? List the accomplishment of which you are most proud. How would you say this accomplishment has affected your life (academic and/or extracurricular)?
3. How have you grown during your time here Fremd High School? What do you want to be remembered for?
4. What do you feel you can contribute both academically and socially to the college you attend?
5. What is your potential major? What are your potential career goals and broader goals? What made you choose this path? Have you had any preparation for this career path (i.e. internships, volunteering, etc.)?
6. Is your high school academic record an accurate measure of your ability, motivation, and potential? What circumstances, if any, have interfered with your academic performance (i.e. travel, personal loss, life-altering event, etc.)?
7. Describe a challenge or setback you have faced in your life and the skills you used to deal with it. Be sure to include what you have learned about yourself and others as a result of this challenge.
8. How you have demonstrated leadership, adaptability, and the ability to compromise? Give examples.
9. Optional: As bizarre as it seems, all As, AP classes, or high SAT/ACT scores do not guarantee students admission to the most selective schools. Please write about things that would help to differentiate you from other students. What makes you unique? What gifts distinguish you?
10. For teacher recommendations: What unit, project, lab, paper, etc. made an impact on you or that you have strong memories of?
11. Anything else you think we should know about you?

Information about yourself:

GPA: _____ Weighted Or Unweighted

ACT score: _____ AND/OR SAT score: _____

As you type in your information, the boxes will expand to allow you to write more details in the last column.

	Description/ Position Held	Year(s) in School	Explain involvement and/or leadership experience
Extra-Curricular Activities			
Volunteer Experience			
Work Experience			
Honors/Awards			
Summer Experiences			

