**Request for Counselor Recommendation**

**(to be completed by student)**

**Instructions: Counselor letters of recommendation are intended to offer a snapshot of you as whole student beyond what can be seen on a transcript. Please answer all questions in as much detail as possible and submit this form via e-mail attachment to your** [**counselor**](https://southcountyhs.fcps.edu/student-services/staff)**.**

|  |  |
| --- | --- |
| **F/L Name:** Click or tap here to enter text. | **Phone #** Click or tap here to enter text. |
| **FCPS ID:** Click or tap here to enter text. | **Personal e-mail:** Click or tap here to enter text. |

**Check the box if you are a first-generation college student (Your parent/guardian did not attend college in the U.S.)** [ ]

 **1) What are your possible college majors and/or career goals? Why?**

Click or tap here to enter text.

**2) What words would you use to describe your academic and personal strengths and why? What traits set you apart from your peers? (Include examples.)**

Click or tap here to enter text.

**3) How would the people who know you best describe you?**

Click or tap here to enter text.

**4) Relate life experiences that have significantly impacted you. (For example: personal obstacles you have overcome; special circumstances that affected your academic performance; financial challenges)**

Click or tap here to enter text.

**5) In the recommendation, I will write about you as a unique individual. What other information can you share with me? (Some examples: For what are you most grateful? What are you most passionate about and why? Or discuss a work or travel experience that had a significant impact on you.)**

Click or tap here to enter text.

**6) Describe a valuable life lesson you have learned.**

Click or tap here to enter text.

**7) What has been the most satisfying academic experience you have had and why?**

Click or tap here to enter text.

**8) Is there a particular course or assignment that has given you difficulty? If so, what steps did you take to overcome it?**

Click or tap here to enter text.

**9) What is the most meaningful activity you have been a part of during high school and why?**

Click or tap here to enter text.

**10) Describe any volunteer experience and how it has impacted you or others.**

Click or tap here to enter text.

**11) If you had a motto to live by, what would it be and why?**

Click or tap here to enter text.

 **12) What is something your counselor probably doesn’t know about you?**

Click or tap here to enter text.

 **13) What are most important things you want your counselor to highlight about you in their recommendation?**

Click or tap here to enter text.

 **14) Is there any additional information that you would like to share?**

Click or tap here to enter text.

 **15) Fill out this info below on this page OR attach a resume:**

 **Extracurricular, personal, and volunteer activities:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity/Organization** | **Grade(s)** | **Hrs/Wks; Mos./Yr (approx)** | **Positions held, letters earned, special contributions made, etc.** |
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 **Work Experience (List any jobs held during high school including summer employment)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Job Title/Description** | **Employer** | **Grade(s)** | **Hrs/Wk(approx)** |
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**Academic Recognitions (briefly describe any scholastic honors and awards such**

**as honor roll, academic letter, science fair award)**

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| **Award/Recognition** | **Grade** |
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