



Bonita High School

Brag Sheet

Name: _____ Email: _____

Please fill out your Brag Sheet, answering **at least 8 of the 10 questions** to the best of your ability. REMEMBER: The purpose of this Brag Sheet is for your teachers and counselors to write a **Letter of Recommendation** to primarily Private/Independent and some Out-of-State Colleges and Universities you are applying to. In some instances a letter of recommendation might be needed for a special program, specific/selective major or scholarship.

YOU DO NOT NEED A LETTER OF RECOMMENDATION FOR CAL STATE'S AND UC's, with the exception of UC Berkeley which might ask for one after you have applied. Complete this Brag Sheet in 1st semester and give a copy to your teacher and counselor with a minimum of 2 weeks of notice. The earlier the better!

1. School Activities: List the activities you have participated in throughout your high school career. Make sure to include: A) How long you have been part of each activity B) How much time per week you participate in each activity C) What have you gained from doing each activity? NOTE: When listing each activity, consider artistic, athletic, literary, community service and highlight LEADERSHIP positions you have held or currently hold.
2. What activity was most important to you? Why?
3. What do you consider your most important activity outside of school? List: A) Jobs- paid or voluntary; B) Religious activities; C) Hobbies- travel, music, art, drama, etc. Include the number of years of your involvement and the amount of time you spent on each activity weekly. **Lastly, explain why this activity was significant to you.**
4. In or out of school, which awards and honors have you received? Which elected offices or appointed positions have you held?

5. Discuss your family. What makes your family unique? Any personality/family hardships or challenges? Who do you live with? List the ages of your siblings (if applicable) and parents' highest level of completed education.
6. Will you be first in your family, or first generation to go to college? If so, what/who has influenced you to pursue your college degree?
7. Describe the academic accomplishment (senior project, major paper, related summer internships, etc.) that you are most proud of, and the reason you take pride in it.
8. What kind of learner are you? Which academic setting or assignments make you thrive? What interests you?
9. What majors are you considering? What career or job do you have interest in pursuing? What experiences or aspirations have influenced this career path(s)?
10. List your three most distinguishing or most admirable qualities. **Give some examples of how you have put these qualities into action.**