

Brag Sheet

Colleges aren't just looking at your grades and SAT scores. They're seeking to learn about you in a holistic sense - how you interact with your teachers and peers, how you approach the learning process, and what motivates and excites you.

Teachers can speak to both your **intellectual and personal qualities**, as well as to the role you play in the classroom on a day to day basis. Simply having an enthusiastic recommendation shows that you made a positive impression and maintained a good relationship with your teachers. If you have made an impact in high school, you are more likely to work well with your peers and professors at college and contribute on campus too.

Recommendation letters play a very important role in the college application review process. Therefore, it is important to give your recommender as much information about you as possible. Sharing your high school activities and personal information will assist your recommender in writing an insightful and specific letter that helps the college and university "see" you as a prospective student.

This guide will discuss what materials you should produce, and why your "recommender's packet" can go a long way toward making your final letter outstanding.

Provide your Recommender with the following:

1. **A resume**
2. **A brag sheet (answer the prompt below).** These are not mandatory questions. Answer only the questions you feel comfortable answering.
 - Describe your family. How have your parents influenced you? What qualities of theirs do you admire?
 - What three adjectives would you use to describe yourself? What adjectives would your teachers use? Your parents? Give **specific examples or stories** of a time you exemplified each one of these qualities.
 - Discuss an academic interest or passion.
 - How do you spend your free time?
 - What have you learned about yourself since the time you started high school? How have you grown for the better?
 - Share any other information that you feel will highlight you in a special way.