

ITINERIS EARLY COLLEGE SELF-ASSESSMENT/COLLEGE & SCHOLARSHIP RECOMMENDATION REQUEST FORM

NAME _____ DATE _____

Your teacher or counselor will need this information in order to prepare a college or scholarship recommendation. **Expect that your teacher or counselor will require about two weeks to write the recommendation.** Colleges and scholarship sponsors are looking for a challenging academic curriculum, evidence of creativity, energy, curiosity, commitment and community service.

I. Activities

- A. List, in order of importance to you, all major activities in which you have been involved since entering high school. Include offices held, positions played, etc. (school and non-school, curricular and extra-curricular).

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

- B. Describe why you enjoy your number one activity listed above.

- C. How did you spend the last three summers?

- D. List any academic and non-academic honors received while in high school.

- | | |
|----------|----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |

II. Academic

A. List your favorite courses in high school and why.

_____ Why? _____
_____ Why? _____

B. By using examples, show evidence of your intellectual curiosity.

C. By using examples, show evidence of your intellectual curiosity.

III. Academic

A. List three adjectives which describe yourself and provide an example to illustrate your description.

1. _____
2. _____
3. _____

B. What makes you unique?

C. Is there any information that you want me, as your counselor, to include in your recommendation?

IV. Post-High School Plans

A. College majors being considered: _____

B. Careers being considered: _____

C. Colleges being considered:

D. If your teacher or counselor needs to send your recommendation letter to a college or scholarship organization, please provide them with a pre-addressed, stamped envelope or other necessary information if the recommendation is to be sent electronically.

V. Personal Statement

In addition to the information above, please provide and attach to this form a **typed** personal statement on any one of the following topics:

- a. Life goals and aspirations.
- b. The person who has had the greatest impact on your development.
- c. A personal challenge you have had to overcome.
- d. An experience that has had a major impact on your life.
- e. Your choice.