

**PASSAIC VALLEY HIGH SCHOOL
STUDENT SELF-PROFILE**

NAME _____ **COUNSELOR** _____

DATE _____ **Homeroom Teacher** _____

EMAIL: _____

The information on this form is requested to assist your counselor in writing an insightful recommendation--one that will provide an accurate portrait of you. **This document will be held in confidence & will not be shared with anyone without your parents' permission.**

The self-profile can also serve as a guide to be used by you when completing various college, vocational and/or technical school applications.

In order to write a truly personal profile for your post-high school recommendations, it is necessary to know things about you that are unique and special. Please answer the questions below as honestly and as completely as you can. This information will not become part of your file and will be destroyed after you graduate. Completion of this form is voluntary. Please retain a copy for yourself and return the original to the guidance office.

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1. Do you have career goals at this time? If you do, list them here. If undecided, name some areas you are considering or characteristics which are important to you (e.g. helping others, independent from others, etc.) _____

2. What do you like most about yourself? What have you done towards self-improvement? _____

3. What high school course have you enjoyed the most? Why? _____

4. What five words would your teachers use to describe you?

_____, _____, _____, _____, and _____.

HIGH SCHOOL ACTIVITIES

<u>CLUBS</u> (High School)	<u>INDICATE POSITION HELD</u> (member, officer, position played, varsity, etc.)	<u>GRADE</u>
_____	_____	9 10 11 12
_____	_____	9 10 11 12
_____	_____	9 10 11 12
_____	_____	9 10 11 12

SPORTS

_____	_____	9 10 11 12
_____	_____	9 10 11 12
_____	_____	9 10 11 12
_____	_____	9 10 11 12

ACTIVITIES

_____	_____	9 10 11 12
_____	_____	9 10 11 12
_____	_____	9 10 11 12
_____	_____	9 10 11 12

5. What is your most enjoyable activity and why? _____

6. Have there been positive or negative changes, or a particular situation which has occurred in your high school years that you feel affected you, your grades or participation in school i.e. illness in family or self, divorce, summer experience, etc.? What, if anything would you like included in your recommendation that may not be reflected on your transcript?

7. What are your academic strengths? _____

8. What are your personal strengths? _____

9. Have you traveled? Explain where, when, and for what purpose? _____

10. Have you always lived in your present community? If you have not, where else did you live? _____

WORK EXPERIENCE

EMPLOYER	DUTIES	FROM	TO:	DATES:	
				PER WEEK	TOTAL HRS:
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

11. Why do you work? _____

HOBBIES, MUSICAL TRAINING (name instrument)

_____	9	10	11	12
_____	9	10	11	12
_____	9	10	11	12
_____	9	10	11	12

DUAL ENROLLMENT

List courses you took or will be taking for which you expect to earn college credit.

HONORS/AWARDS

Have you received any special awards or honors? If so, please list them here.

SERVICE TO CHURCH/COMMUNITY

12. List the teachers you will ask for a letter of recommendation.

1. _____

2. _____

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Student's signature

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Parent's signature