

SCOTCH PLAINS-FANWOOD HIGH SCHOOL DEPARTMENT OF COUNSELING SERVICES

SENIOR SELF-EVALUATION FORM

The Counseling Department would like you to have some input as we write your letters of recommendation. We would like your perceptions of your educational and personal experiences. Understand the counselor will make the final determination of what to include in the recommendation.

Student _____ Counselor _____

In answering the following, please be as detailed as possible. Feel free to use the back of this sheet or a separate piece of paper if your comments do not fit into the spaces provided.

1. What are your academic strengths? What are your best subjects, what are you good at in class?
What specific courses have you enjoyed the most and why?

2. Do you think your grades are a true picture of your abilities?
Are there any factors about your grades and/or test scores you would like colleges to be aware of?

3. Describe any weaknesses you have found. *What have you done to overcome that weakness?*
What courses have been hardest or presented the most problems for you and why?

4. If there were outside circumstances that affected your schoolwork (for better or worse), please describe them.

5. During your years in high school, what interests or talents have you discovered?
academically, personally, socially, etc.

6. Give five adjectives that describe you as a person.

7. (a) What extra curricular activities (including sports) have you enjoyed. List them in order of importance
(b) How have these activities enriched your life? (c) What is your role/responsibility in each of these?

(a)	(b)	(c)
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

If you wish, feel free to add additional information

8. What do you feel is your most significant contribution to Scotch Plains-Fanwood High School?

9. What academic areas are you interested in exploring in college?

(b) What is your tentative career choice or field of study?

(c) *What have you done – or – who have you met... that has influenced your choice?*

10. Describe your activities *away from school*:

(a) any community service you have done. Give examples;

(b) hobbies, study;

(c) youth organizations;

(d) employment.

11. What talents, background, and perspectives will you contribute to college life?

Student's Signature: _____