

For Office Use
Date Submitted:

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Personal Profile for LOR

Student Name: _____

ID#: _____ Date: _____

Intended College Major: _____

Career Goal: _____

Schools I am applying to that require LOR:

Application Deadline:

1. List four teachers or staff members that know you well.

2. List five adjectives that describe you & give an anecdote explaining at least ONE.

3. Explain any experiences that have profoundly affected your life.

4. What are your personal qualities that make you stand out from the crowd?

5. What are your academic strengths? (Writing, research, problem solving, etc.)

6. If applicable, discuss any extreme hardship situation, special circumstance, or unusual event that has effected your high school achievement.

7. List your work experience (paid OR volunteer).

8. What do you consider your most outstanding accomplishment during the past three years? Explain why.

9. Is there something special or unique about you that you would like to be mentioned in your LOR? Please explain.

10. In the space below, indicate your extracurricular activities (athletics, clubs, community service, etc.), check the years of involvement, and note any awards/honors, leadership positions, etc.*

Extracurricular Activity	9 th	10 th	11 th	12 th	Leadership, Honors, Awards, etc.

*In the space below, please feel free to comment on any of the activities listed above: