

REQUEST FOR LETTER OF RECOMMENDATION- PERSONAL PROFILE FORM

NAME: _____

ID#: _____

DATE: _____

DEADLINE: _____

GRADE: _____ GPA: _____ RANK: _____ ACT: _____ SAT: _____ GRAD YEAR: _____

RATE YOUR PERSONAL TRAITS

lowest

highest

LEADERSHIP SKILLS

(assumes initiative, good in leading groups)

1 2 3 4 5

ANALYTICAL ABILITIES

(problem solving, ability to see alternatives)

1 2 3 4 5

MOTIVATION

(desire to achieve academically and otherwise)

1 2 3 4 5

VERBAL SKILLS

(clarity, coherence)

1 2 3 4 5

INTERPERSONAL CONTACT

(openness, ability to relate effectively)

1 2 3 4 5

SINCERITY

(honesty, genuineness)

1 2 3 4 5

MATURITY

(stability, sense of responsibility)

1 2 3 4 5

LIST 3 OTHER QUALITIES THAT FIRST COME TO MIND TO DESCRIBE YOU:

WHAT ARE SCHOOL ACTIVITIES THAT YOU HAVE PARTICIPATED IN:

WHAT ARE COMMUNITY ACTIVITIES THAT YOU HAVE PARTICIPATED IN:

LIST WORK RELATED/INTERNSHIP EXPERIENCE:

LIST ANY SPECIAL RECOGNITIONS/AWARDS:

WHAT ARE YOUR PLANS AFTER HIGH SCHOOL?

WHAT ARE YOUR CAREER GOALS?

WHAT IS YOUR BIGGEST WEAKNESS? WHY? STRENGTHS?

WRITE ABOUT A TIME WHEN YOU HAD TO OVERCOME A CHALLENGE/PROBLEM/ADVERSITY AND HOW YOU GOT THROUGH A DIFFICULT TIME:

WHAT MAKES YOU A GOOD CANDIDATE FOR THIS SCHOOL/SCHOLARSHIP/OPPORTUNITY:
