

List five words that describe you well. Tell us why.

What are your greatest personal and academic strengths?

Is your academic record an accurate reflection of your ability? What factors (personal, family, social, academic) have contributed to your performance either positively or negatively?

What are your academic interests for college? What are your career goals and your broader goals?

What are the personal qualities or life experiences that make you unique?

Tell us about any experiences or people that have profoundly affected your life. What did you learn or how have you grown from the experience? How did this person/experience influence you?

Have you traveled or lived in different localities? Please tell us how living in different localities or how your significant travel experiences has influenced who you are today? What did you learn – how have you grown?

Was there a challenging class, situation, or time in your life that you showed resilience or perseverance and grew from the experience?

Please share anything else that might be helpful in preparing your recommendation?

Activities: sport, clubs, church, the arts, travel	Years Time/Wk	What did you learn? What was challenging or rewarding? Why was it important to you?

Volunteerism	Years Time/Wk	What did you learn? Was there a particular situation, story, or event that stands out to you? What will you bring forward from the experience?

Awards	What type of work commitment was involved in achieving the award? What does this award mean to you? Why is it important or impressive?

