

**MOUNT OLIVE HIGH SCHOOL
GUIDANCE CENTER
COUNSELOR RECOMMENDATION FORM**

NAME: _____

COUNSELOR: _____

DATE SUBMITTED: _____

Not all colleges will require a counselor's letter of recommendation.

Please refer to the individual college's requirements to determine if a letter of recommendation is necessary. Feel free to attach a resume if applicable.

WHAT EXTRACURRICULAR ACTIVITIES HAVE YOU PARTICIPATED IN? List all activities (sports, clubs, etc.), years of participation, and any leadership positions held. *Please attach an activity sheet or resume if necessary.*

Name of Activity	Grades of Involvement	Role You Had
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

VOLUNTEER ACTIVITIES: Community, church/synagogue youth groups, school, etc.

Name of Activity	Grades of Involvement	Role You Had
_____	_____	_____
_____	_____	_____
_____	_____	_____

WHAT SCHOOL ACTIVITIES HAVE MEANT THE MOST TO YOU AND WHY?

Please site specific examples to support your response.

CITE SPECIFIC EXPERIENCES THAT YOU HAVE HAD THAT HAVE ENRICHED YOU AS AN INDIVIDUAL. HOW MIGHT THIS HELP IN YOUR TRANSITION TO COLLEGE?

BRIEFLY DISCUSS YOUR CREATIVE TALENTS AND LIST ANY AWARDS YOU HAVE RECEIVED DURING YOUR HIGH SCHOOL CAREER. (Art, Computer, Dance, Music, Sports, Theatre, Writing, etc.)

Name of Award	Grade You Received Award
_____	_____
_____	_____
_____	_____

WORK EXPERIENCE: Have you held any part-time or summer jobs?

EMPLOYMENT	LOCATION	POSITION HELD	DATES	HRS. PER WEEK
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Have these jobs influenced your choice of a college or career in any way? Include a job title for what you did.

GROWTH: Have you changed in any way during your years in high school? Have you grown in any specific areas? What have you learned about yourself? What specific experiences have you had that have contributed to your personal growth?

SELF-EVALUATION: Please list two or three adjectives which others (friends, family, teachers, peers) might use to describe you. Why do you feel they would use these words?

WHAT ARE YOUR CURRENT CAREER GOALS? It is all right to be undecided and unsure. However, if possible discuss your probable major or career goal.

Is there anything special or unusual about your circumstances which your counselor should know when writing your letter of recommendation? Is there anything that should be explained or clarified in order to improve your chances for admissions to the school of your choice? Please explain in detail.

