



# Mater Dei High School

## Counseling Department

### Counselor Letter of Recommendation Questionnaire

**Directions:**

- ✓ Please submit the completed questionnaire to: <https://goo.gl/forms/J4RqW2E4LqCJxfrx1>
- ✓ This questionnaire will assist your counselor when writing your letters of recommendation. Keep in mind that your counselors and teachers are writing your letters to provide information and impressions of the you, that cannot be captured in your application. It is very important that you take time to answer each questions thoroughly.
- ✓ Please fill out this questionnaire as accurately and completely as possible.
- ✓ Letter of Recommendation is not needed for CSU or UC applications.

STUDENT INFORMATION	
First Name:	Last Name:
MDHS E-Mail:	Personal E-Mail:
Are you a First Generation College Student? (Neither parent graduated from a 4-year college in the US)	<input type="checkbox"/> Y <input type="checkbox"/> N
Does your family receive financial aid at Mater Dei? (If yes, please ask your counselor whether you qualify for application/testing fee waivers)	<input type="checkbox"/> Y <input type="checkbox"/> N
Do you have any siblings?	<input type="checkbox"/> Y <input type="checkbox"/> N If yes, how many? _____
Do you plan to play a sport in college? (If playing a sport in college, please make sure to register with the NCAA/NAIA Eligibility Center)	<input type="checkbox"/> Y <input type="checkbox"/> N If yes, what sport? _____

REFLECTIVE INSIGHT QUESTIONS
1. What is your planned major? Why do you wish to pursue this major or career? How have you explored this interest? How does this match with what you would like to achieve in your life after college?

2. Share something about you, that most people do not know about, that makes you unique.

3. Please share any unusual circumstances or challenges in your life (personal or academic) you have experienced, and what you learned from the experience (eg. Additional responsibilities at home that have kept you from getting involved at MD)?

4. Tell me about a meaningful activity you were involved in (eg. Volunteer, work, sports) and how it left an impression.

\* If you have a draft of your college essays (Common App, Supplemental, or UC Personal Insights), your counselors are happy to review them with you for additional insight for your letter of recommendation.



### Work Experience

(Start with the most recent: list name of employer, grade level(s), total hours, position held, description of duties)

Employer	9	10	11	12	Hrs/Wk	Position Held	Duties and Responsibilities
<i>E.g. Baskin Robbins</i>			X	X	6	<i>Crew Member-Cashier/Scooper</i>	<i>Face of the store; take customer orders, clean dining areas, ring up purchases</i>

### Awards/Honors

(Start with the most recent: list name award/honor, grade level(s), and reasons for receiving the award/honor)

Award/Honor	9	10	11	12	Reason(s) for Receiving the Award/Honor
<i>E.g. MDHS Renaissance Award</i>	X				<i>Received this honor as one of 40 most improved GPAs from my first semester in 9<sup>th</sup> grade</i>

### Special Interests, Hobbies, Talents

Interest/Hobby/Talent	Briefly Describe Your Interest/Hobby/Talent
<i>E.g. Boy Scouts of America – Eagle Scout</i>	<i>Earned the title of Eagle Scout in the fall of 2018. I have been active in the Scouts for over 10 years and have earned a total of 21 merit badges. In coordination with my junior high school, I planned, organized and implemented the installation of 5 Rapid Water Bottle Filling Stations at the school.</i>

### STUDENT RESUME (Optional)

In preparation for your senior interview day, you may want to begin the process of compiling the items listed in the “activities” section of this questionnaire, and forming it into a true resume. Please refer to the attached sample resume as an example for content, structure and formatting. Your counselor may request this as a part of your questionnaire, however it will also be helpful as you will need to create one in the near future.



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## Counseling Department

### Parent/Guardian BRAG Sheet

Dear Parent/Guardian:

Thank you in advance for your responses to the following questions. Your responses will assist your student's counselor when they write their letter of recommendation for your student. The information you provide will be kept confidential.

Gratefully,  
The Guidance and Counseling Department

Parent/Guardian Information	
Parent/Guardian First Name:	Parent/Guardian Last Name:
Your Student's Full Name:	Relationship to Student:

REFLECTIVE INSIGHT QUESTIONS
<p><b>*Please keep responses pertinent to the last 3-4 years in high school</b></p> <p>1. Please BRAG for us, so we can do the same. What makes you the proudest of your student? Any anecdotes? Any endearing stories?</p>

2. In what areas has your student shown the most development and growth during the last three or four years?

3. What is the single MOST IMPORTANT thing you want the colleges to know about your student?

4. What are three adjectives or personality traits that best describe your student and why:

5. If your student has accomplishments, activities, or hobbies which deserve special attention in our recommendation, please describe in detail. These do not have to be related to school activities.

6. What kind of school would be the best fit for your student and how do you think your student will contribute to the college campus? What kind of college would make a good match? Reasons?

7. Are there any unusual or personal circumstances which have affected your student's educational experiences or personal experiences? If you have any information about your students' history thus far which you feel might be helpful for us to know (social, medical, cultural), please explain. For example, how has your student handled setbacks?

8. We would like for YOU to write a letter of recommendation for your student! Please use this space to create a letter of recommendation letter, as if you were a counselor, writing about your student.