

# LAKE FOREST HIGH SCHOOL

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## *Junior Questionnaire*

NAME \_\_\_\_\_  
HOME PHONE # \_\_\_\_\_  
CELL PHONE # \_\_\_\_\_  
SUMMER # \_\_\_\_\_

Please answer the following questions in order to help me write a thorough and accurate recommendation for you. Be honest in your writing; you do not have to try and impress me. Just jot down a few notes or ideas under each question. Please answer right on this sheet and use the back if necessary. However, feel free to format on a computer.

After you complete this I would like to go over it with you so you will need to set up an appointment to meet with me. I hope that this will help you get into the college of your choice! Good luck!

### PERSONAL QUALITIES

1. *How would you describe yourself as a person?*
2. *What are your strengths and weaknesses?*
3. *In what ways do you consider yourself a leader?*
4. *What are you proud of in terms of your high school experience? Explain.*
5. *How have you grown or changed during high school?*

6. *What do you truly enjoy doing?*

7. *My idea of a successful person is...*

## ACADEMIC CHARACTERISTICS

1. *Looking back at your high school classes, what have been some of the most rewarding or satisfying learning experiences you have had?*

2. *Have any courses challenged you? Which ones? Why?*

3. *In thinking about the two previous questions, can you identify anything that would be important to your educational environment after high school?*

4. *What is your greatest academic strength?*

5. *Is your transcript an accurate reflection of your ability? Have there been significant circumstances that have helped or hurt your performance?*

6. *What possible colleges are you considering?*

7. *What possible college majors interest you?*

## EXTRACURRICULAR ACTIVITIES

List the activities you have participated in during high school (make sure to include the year or years). Underline the two or three which are the most important to you (*it is up to you to decide how to define importance*). **Include any leadership positions you have held.**

- Academic Awards
- Athletics
- School related clubs and activities
- Fine Arts (Theatre, Music, Arts)
- Out of school during academic year (*include community service here*)
- Summer Activities
- Employment
- Other: Anything you want to add? Any special talents or interests?

## FAMILY INFORMATION

Father's Name

Employer

Occupation

Education

College, if attended

Mother's Name

Employer

Occupation

Education

College, if attended

Brothers and sisters: Names and ages and employment or college of attendance if applicable:

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## CAREER PLANS

1. Do you have one or two ideas about careers that you think you would want to follow?

*Which one(s)? How long have these been your focus?*

2. If you do not have any specific ideas about a career, do you have an idea about a general area you would like to work in?

*For example, health care or business*

**Due to your counselor by June 1, 2006**