

College Recommendation Information

[PDF Version](#)

Your Name: _____

Your complete answers to the questions below will help your counselor craft a thorough recommendation for you. You may attach additional sheets if necessary. Please return to your counselor in the Direction Center.

*Remember, the more you tell us, the more descriptive your rec. may be.
Feeling stuck on some answers? Ask a friend or a family member to help you!*

Your complete answers to the questions below will help your counselor craft a descriptive recommendation for you. You may attach additional sheets if necessary. Please return to your counselor in the Direction Center.

Background/General Family Information:

1. Please describe your family. Have there been any significant family changes (for example: divorce, death, remarriage, blended families etc.) in the past few years? If so, do you feel it affected you in a meaningful way?

2. Were you born in this country? If not, where were you born and when did you come to Vermont? Is English spoken in your home? If not, which language(s) do you speak?

Your Education:

1. What are your academic interests? How do they relate to what you might like to study in college?

2. If you could recommend only one course to a new CVU student, which would it be? Please explain.

3. Which course or academic area presented the greatest challenges for you? Why?

4. What do you choose to learn when you can learn on your own? Please describe interests pursued beyond class assignments; independent reading; volunteer work; jobs. What do your choices show about your interests and learning style?

5. What is your favorite book? Why?

6. Please discuss a paper, project, presentation, etc. that you completed at CVU and consider to be a meaningful accomplishment.

7. Is your high school transcript an accurate measure of your ability? If not, what do you consider the best measure of your potential success in college work?

8. Are there any outside circumstances which have interfered with your academic performance?

9. List, in order of importance to you, any academic honors, prizes or awards you have received.

Your Activities and Interests:

1. What activities do you most enjoy outside the daily routine of school?

2. List, in order of importance to you, the elected or appointed positions you have held.

3. Has any summer experience, work, travel, study or extracurricular program been of special importance to you?

4. Have you participated in any volunteer programs or completed volunteer work on your own? If so, please describe.

Your Personality and Relationships with Others:

1. What do you consider your greatest strengths? When have you had to call on these strengths?

2. What do you consider your greatest weakness?

3. Describe an experience that has given you great satisfaction either in or outside of school.

4. List 3 adjectives which you, your family, or friends would use to describe you. Give an example of each.

Adjective	Example
1.	a
	b
	c
2.	a
	b
	c

3.	a
	b
	c

5. Which relationships are most important to you and why?

6. Which qualities do you admire most in your peers? ... In adults with whom you relate?

7. What do your parents/guardians expect of you? Have their expectations influenced the goals you set for yourself?

8. How have you grown or changed during high school? Think about people you have met, new ideas that you explored in class, etc. and how they have impacted you.

9. What person (current or historical) do you admire? Why?

College Ideas:

1. Please list the colleges you have visited. Are there additional colleges you intend to visit?

2. Please indicate your college preferences including geographical location, size of student body, accessibility to a city, availability of specific academic, internship, study abroad, research, athletic, and learning support programs, etc.

Student Name: _____ Date: _____