

**Decatur High School  
Senior Recommendation Profile**

Colleges are looking for a challenging academic curriculum, evidence of creativity and involvement, energy, curiosity, and commitment. Be specific in providing the following information. Your Counselor and Teachers will need this information in preparing a letter of recommendation.

Name: \_\_\_\_\_ Grade \_\_\_\_\_

(If Known) GPA: \_\_\_\_\_ Rank: \_\_\_\_\_ SAT/ \_\_\_\_\_ ACT: \_\_\_\_\_

ACTIVITIES - List School Activities, Sports, Offices Held and Years of Involvement

COMMUNITY SERVICE / VOLUNTER ACTIVITIES - Include Years of Involvement and Hours

WORK EXPERIENCE - Include Positions Held and Hours Worked Per Week

AWARDS / CERTIFICATES - Academic and Non-Academic

PLEASE RESPOND TO THE FOLLOWING QUESTIONS:

1-Choose one of your favorite activities and describe why you enjoy it.

2-Tell how you spent your last 3 summers (Example: Jobs, Volunteer Work, Travel...).

3-Choose 2 or 3 topics/issues in life you feel strongly about and what would you do to improve these issues?

4-List 3 adjectives, which describe you and provide an example for each description

5-What person has had the greatest impact on your development and explain what you have learned from them?

6-What makes you unique and what other information would you like your counselor to include in your recommendation?

#### POST HIGH SCHOOL PLANS

Careers / Majors Being Considered:

Colleges Being Considered: (Including 2-Year, 4-year and any Technical Schools)

List other teachers who know you well who could be contacted for additional information.

When you turn in your senior profile, please also include a copy of a personal statement or college essay you have written and will be sending to colleges. If you have not yet written a personal statement or essay, feel free to choose from one of the following prompts:

1-Describe an achievement, significant experience or challenge you feel has been important in strengthening your personal values?

2-Step out your front door and tell us what you would change about what you see?

3-Recall an occasion when you took a risk that you now know was the right thing to do?