

**BOONTON HIGH SCHOOL**  
SCHOOL COUNSELING DEPARTMENT  
STUDENT SELF-PROFILE

NAME:

COUNSELOR:

DATE:

1<sup>ST</sup> PERIOD TEACHER:

**SELF-PROFILE**

The information on this form is requested to assist your counselor in writing an insightful recommendation—one that will provide an accurate portrait of you to colleges and jobs. This document will be held in confidence and will not be shared without your parent’s written permission.

The self-profile can also serve as a guide to be used by you when completing various college, vocational, and/or technical school applications.

In order to write a truly personal profile for your post high school recommendations, it is necessary to know things about you, which are unique and special. Please answer the questions below as honestly and as completely as you can. This information will not become part of your file and will be destroyed after you graduate. Completion of this form is voluntary. Please retain a copy for yourself and return the original to your guidance counselor.



1. Do you have any career goals at this time? If you do, list them here. If undecided, name some areas you are considering or characteristics which are important to you (e.g. helping others, independence, creativity, etc.)

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2. What do you like most about yourself? What have you done towards self-improvement?

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3. What high school course have you enjoyed most? Why?

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4. What five words would your teachers use to best describe you?

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**HIGH SCHOOL ACTIVITIES:**

CLUBS (High School)	INDICATE POSITION HELD (member, officer, position, varsity, JV, etc.)	GRADE (circle)			
_____	_____	9	10	11	12
_____	_____	9	10	11	12
_____	_____	9	10	11	12
_____	_____	9	10	11	12
<b>SPORTS</b>					
_____	_____	9	10	11	12
_____	_____	9	10	11	12
_____	_____	9	10	11	12
_____	_____	9	10	11	12
<b>ACTIVITIES</b>					
_____	_____	9	10	11	12
_____	_____	9	10	11	12
_____	_____	9	10	11	12
_____	_____	9	10	11	12

5. Have there been positive or negative changes, or a particular situation that has occurred in your high school years that you feel affected you, your grades, or participation in school (i.e. illness, in family or self, divorce, summer experiences, etc.)? What, if anything, would you like included in your recommendation that may not be reflected on your transcript?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
6. What are your academic strengths? \_\_\_\_\_  
 \_\_\_\_\_
7. What are your personal strengths? \_\_\_\_\_  
 \_\_\_\_\_
8. Have you traveled? Where? For how long? \_\_\_\_\_  
 \_\_\_\_\_
9. Have you always lived in Boonton/Lincoln Park? If not, where else have you lived? When did you move here? \_\_\_\_\_  
 \_\_\_\_\_

**WORK EXPERIENCE**

EMPLOYER	DUTIES	START/END DATES	HRS./WEEK
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

10. Why do you work? \_\_\_\_\_  
\_\_\_\_\_

**HOBBIES/ MUSICAL TRAINING (name hobby/instrument)**

_____	9	10	11	12
_____	9	10	11	12
_____	9	10	11	12
_____	9	10	11	12

**HONORS/AWARDS**

Have you received any honors or awards during your high school career? If so, list them here.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**VOLUNTEER WORK**

Have you volunteered your time/service to your community/church? If so, list them here.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

11. Lastly, list the teachers you'll ask for a letter of recommendation.

1. \_\_\_\_\_
2. \_\_\_\_\_