

**SENIOR INFORMATION SHEET
SCHOOL COUNSELING OFFICE**

Name _____ Graduation Year _____ Date _____

Always allow at least two weeks for staff members to prepare your letters of recommendation or complete college applications.

PLEASE KEEP AT LEAST ONE COPY OF THIS FORM FOR YOURSELF BEFORE TURNING IN TO YOUR ADVISOR. YOU MAY NEED TO PROVIDE A COPY TO TEACHERS WHO WRITE A LETTER OF RECOMMENDATION FOR YOU.

Complete this sheet in as much detail as possible. It will be used by teachers/advisors/coaches to write a more comprehensive letter of recommendation for you. You are encouraged to update it throughout the school year in the Counseling Office. Attach additional sheets if necessary.

Career/college major choice(s): _____

Reason for this choice(s): _____

Describe your most meaningful experience while at EHS: _____

What three or four words describe you as a person? _____

Describe your special abilities, qualities, or interests: _____

Academic Honors and Awards:

Indicate which year(s) you received them.

Honor Roll: _____

National Honor Society: _____

Other Honors and Awards (be specific-community groups, athletics, clubs, etc):

Check the Sports that you have participated in, note your years of participation Example: Soccer 9, 10

Football _____
Cross Country _____
Golf _____
Volleyball _____
Track _____

Basketball _____
Soccer _____
Bowling _____
Swimming _____
Baseball _____

Tennis _____
Softball _____
Wrestling _____
Cheerleader _____
PomPons _____

What was your most significant leadership contribution and the most important lesson that you learned from your participation in athletics?

Check the Extra Curricular Activities/Clubs that you have participated in at school note your years of participation. Example: Yearbook 11, 12

Choir _____
Theatre _____
Yearbook _____
Student Leaders _____
Freshman Mentor _____
Intramurals _____

Speech/Forensics _____
Newspaper _____
Student Commission _____
Scholastic Bowl _____
Young Women's Leadership _____

Peer Helpers & Leaders _____
Band/Orchestra _____
Environmental Key Club _____
Drama Club _____
French Club _____

What was your most significant leadership contribution and the most important lesson that you learned from your participation in extra curricular activities?

Community Service/Volunteer Experiences in Grades 9-12:

Activity	Dates	Your Responsibilities
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Clubs/Organizations Outside of School in Grades 9 -12:

Club/Organization	Dates	Your Responsibilities
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Work Experience:

Place of Employment/Position	Dates	Your Specific Responsibilities
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