

College QUESTIONNAIRE

KINGSWAY REGIONAL HIGH SCHOOL GUIDANCE

NAME: _____

COUNSELOR NAME: _____

Future Plans/Major: _____

The information you provide is very helpful when writing letters of recommendation for you. Please fill out this questionnaire as completely as possible and return it to your guidance counselor.

1. What do you consider to be some of the most important things in your life?

2. What do you consider your strengths to be? Your weaknesses?

3. Please share some positive, negative, or unusual experience you have had that made a difference in your life.

4. What is the main thing you want colleges/schools/employers to know about you?

5. Are there any outside circumstances that have interfered with your academic performance?

6. Describe your most important contribution at home, to the school or local community.

7. Please check three of the adjectives that you feel describe you and give an example of a situation in which you have demonstrated these qualities. Feel free to add any words on the lines below that may not be on the list if you feel they are more accurate.

Adventurous	Disciplined	Intellectual	Reserved
Ambitious	Dynamic	Intuitive	Resourceful
Analytical	Easygoing	Kind	Responsible
Assertive	Efficient	Loyal	Self-reliant
Astute	Emotional	Methodical	Sensitive
Calm	Energetic	Non-conforming	Shy
Candid	Enthusiastic	Open-minded	Sincere
Caring	Extroverted	Optimistic	Spontaneous
Cautious	Flexible	Orderly	Sympathetic
Concerned	Friendly	Outgoing	Tactful
Confident	Generous	Patient	Talkative
Conforming	Genuine	Perceptive	Thorough
Conscientious	Helpful	Persevering	Tidy
Cooperative	Humorous	Persistent	Tolerant
Creative	Idealistic	Persuasive	Unique
Critical	Imaginative	Polite	Versatile
Curious	Impulse	Practical	
Dependable	Independent	Punctual	
Direct	Insightful	Reliable	

8. List and describe all special interests, abilities, talents, and hobbies. Include any summer programs that you have attended during your high school years and any extensive traveling adventures. Please list dates of activities or the grade in which the activity was done as well as an explanation of the activity, hobby, etc. if appropriate.

Interests, Abilities, Talents	Description	Date/Grade