

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

D.O.B. \_\_\_\_ / \_\_\_\_ / \_\_\_\_

E-Mail: \_\_\_\_\_

Phone # \_\_\_\_\_

## **Summer Experiences**

What did you do during your last few summer vacations? Describe your activities (camps, jobs, volunteer work, music, theater, vacations, travel, athletics, hobbies, classes, etc.) with **as much detail as possible**. Make sure that you tell me about any significant experiences and the effect they had on you. Use extra paper if needed.

2006 (after 9<sup>th</sup> grade)

2007

2008

What are your interests/activities outside of school? (e.g. volunteer work, jobs, music lessons or performances, hobbies, athletics, church or community activities, family responsibilities, or any other activity which occupies your time away from school.) Be specific.

List three achievements in your life of which you are most proud. What talents or abilities led to these achievements?

What is the most significant contribution you have made to Sanford?

What subjects have you enjoyed the most in high school? Why?

What subjects have you enjoyed the least? Why?

Cite one personal weakness or limitation and tell me how you have worked on overcoming it.

Which teachers will you ask to write your college recommendations? Explain why you think these teachers will write your strongest recommendations.

Do you plan to participate in extracurricular/activities in college? If so, which ones?

What are the most important characteristics you are looking for in a college?

How do you feel about academic competition? In your answer, think about your learning style and the kind of academic environment in which you learn best.

What subjects are you eager to explore in college? Why?

Do you have any specific career goals? Explain.

What type of program interests you: Liberal Arts, Pre-Professional (medicine, law, business, etc.), or Professional (engineering, architecture, physical therapy, nursing, music, studio art, etc.) Explain.

Will you be applying for financial aid?

Will you be looking for non-need/merit scholarships?

Overall, what do you hope to gain by going to college?

If there was one thing you could do differently in high school, what would it be and why?

There are many pressures in today's world to conform. Discuss one way in which you "go your own way."

Does your academic record portray your abilities as a student? Has anything interfered with your performance at Sanford that the colleges should know about? Please describe any special circumstances that you feel are important. (Use a separate page if necessary.)

		<b>Check Year of Participation</b>			
<b><u>Your Activity</u></b>		<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Class and School Offices</b>					
<b>Athletics</b>  (Note Capt., Mgr., etc.)					
<b>Drama, Music, Writing</b> (Note Leads, Editor, etc.)					
<b>Clubs</b>  (Note Pres., Sec., Treas., etc.)					
<b>Other Activities</b>					
<b>Awards Honors</b>  (School or Outside Activities)					

Which activity is most important to you? Why?



## **FOR** **PARENTS of SENIORS**

An important part of my job is telling each student's story to the colleges.

This is your chance to let me know anything you would like me to know about your child. You have been through all the ups and downs, you can "read" your child better than anyone at school can, and you probably have some insights that could help me better know/advise your child.

Don't think of this as a required assignment, but more of an opportunity.

Have some fun with this exercise; don't worry about being too formal. I do not require complete sentences, concise paragraphs, or coherent themes. Very often it is an amusing anecdote that captures the essence of a person. When the admissions officers sit down to read your child's file, what would you like them to know about your child? Why is he or she so special to you?

Please jot down anything that you feel might helpful. If e-mail is your preferred mode of communication, my address is [ramseyj@sanfordschool.org](mailto:ramseyj@sanfordschool.org). I look forward to reading your responses.

John Ramsey  
Director of College Counseling