

## Paul Duke STEM Counselor Recommendation Form

**Student Name:**

**Student Number:**

**Date:**

Admissions Officers always prefer a good story. What's your story? You are asking your teacher and/or counselor to write a **Letter of Recommendation (LoR)** for you. The better your teacher or counselor knows you, the stronger a recommendation he or she can write. Please take the time to think about who you are and where you are headed. Don't limit your answers to things that have occurred in school. Include experiences drawn from all parts of your life.

✓ Initial here            if you've read this first paragraph!

**Directions: Complete this form and give or send a copy to your counselor. Feel free to share with your teacher as well if you've asked them to write a letter. Allow your counselor TWO WEEKS (TEN SCHOOL DAYS) to process your request.**

✓ Initial here            if you've read this second paragraph!

✓ Initial here            if you recognize the need to answer ALL questions!

1. List at least four adjectives or phrases that best describe you.
2. What are your strengths?
3. What are your weaknesses?
4. What are your proudest accomplishments?
5. What might your teachers say regarding your character development/integrity?
6. What circumstances or unusual obstacles, if any, have interfered with your academic performance in high school? How did you overcome this?
7. Are there linguistic and/or cultural factors that have contributed to or inhibited your high school academic performance?
8. Describe a leadership experience or activity you created or participated in during your high school career.
9. Which academic courses were most interesting to you? Why?
10. What is your possible major in college, and why did you choose this particular major?
11. Why do you think you'll be a successful college/university student?
12. What do you want to be when you grow up – your long term career goal?
13. Is there additional information you want us to know about you?

**STUDENT ACTIVITIES INFORMATION**  
(please note if you held a leadership role or earned an award)

On Campus Activities (clubs, organizations at PDS)

9th \_\_\_\_\_

10th \_\_\_\_\_

11th \_\_\_\_\_

12th \_\_\_\_\_

Off Campus Activities (jobs, athletics, outside community service)

9th \_\_\_\_\_

10th \_\_\_\_\_

11th \_\_\_\_\_

12th \_\_\_\_\_

Name four teachers/club sponsors at PDS who know you best.

List Colleges/Universities you are considering.