

SOMERSWORTH HIGH SCHOOL AND CAREER TECHNICAL CENTER
CONFIDENTIAL COUNSELING DEPARTMENT STUDENT PROFILE

(TO BE RETURNED TO THE COUNSELING DEPARTMENT)

Student Name: _____ Counselor: _____

This list of positive adjectives can be helpful as we compose a letter about your assets and qualities to send to a future employer or college admissions counselor. Please review the list and **circle 5** that adequately describe you as a person and student.

- | | | | | | | |
|-------------|---------------|-----------------|-----------------|-------------|-------------|---------------|
| Active | Competitive | Empathetic | Individualistic | Original | Reliable | Thoughtful |
| Adaptable | Confident | Energetic | Intellectual | Outgoing | Resourceful | Tolerant |
| Adventurous | Conscientious | Enthusiastic | Intelligent | Patient | Responsible | Trustworthy |
| Agreeable | Considerate | Entrepreneurial | Introspective | Persevering | Sensible | Understanding |
| Ambitious | Cooperative | Expressive | Inventive | Persuasive | Sincere | Unique |
| Analytical | Courageous | Flexible | Lively | Polite | Sociable | Versatile |
| Articulate | Creative | Friendly | Logical | Practical | Spiritual | |
| Assertive | Curious | Generous | Loyal | Precise | Spontaneous | |
| Attentive | Determined | Hardworking | Mature | Purposeful | Stable | |
| Broadminded | Diligent | Helpful | Motivated | Rational | Supportive | |
| Calm | Eager | Idealistic | Natural | Realistic | Tactful | |
| Capable | Easygoing | Independent | Optimistic | Reflective | Tenacious | |

Of the five (5) words circled above please explain why they describe you well?

1. _____

2. _____

3. _____

4. _____

5. _____

What events, circumstances or experiences have had a major impact on you? (For example: moving, travel, cultural differences, accident, family circumstances, deaths, and special opportunities.)

What do you like to do for fun? (Hobbies, other special interests, etc.)

How would one of your friends describe you? (Go ahead and ask them!)

Is your academic record an accurate reflection of your ability or is there anything on your transcript that needs to be explained?

Describe an important academic experience. How was it important to you?

Tell me about a disappointment or criticism and how you reacted to it?

What are some potential career options you have considered?

Please include anything else we might have missed that will help in writing a thorough recommendation for you.

SCHOOL INVOLVEMENT

Describe all school extra-curricular activities such as sports, band, peer outreach, academic clubs, service positions, etc...

GRADE 12	GRADE 11	GRADE 10	GRADE 9

COMMUNITY SERVICE / VOLUNTEER ACTIVITIES

Describe in detail any and all community service and/or volunteer activities you have participated in.

GRADE 12	GRADE 11	GRADE 10	GRADE 9

LIST ANY AWARDS, HONORS, OR SCHOLARSHIPS

Received in the past four years, please list in descending order of significance

Year	Awards, Honors or Scholarships

WORK EXPERIENCE

Position(s) held, dates, position, hours

Dates	Employer	Position	Approx. Hrs. Week

