Recommendation Letter:  
Student’s Self-Assessment

Please complete this self-assessment for your teacher to write an effective recommendation letter for you. The more specific details you can give us, the more thorough your college recommendation will be. This form will also help you with the entire college application process, especially in preparing for interviews and writing admissions essays. Do take the time to reflect.

Name: ___________________________  Class: _____________  Date: ______________

Email: __________________________________

1. School activities: which activity was most important to you? Why?

2. What do you consider as your most important activity outside school (e.g., job attachments, voluntary work, hobbies, music, art)? Length of your involvement (e.g., 3 years, 3 times a week). Explain why this activity is significant to you?

3. Which book(s) has the greatest impact on you? Why?

4. Describe the academic accomplishment (major paper, science experiment, artistic project) you are most proud of, and tell why you take pride in it.

5. Is there anything that you would like to highlight that is not reflected elsewhere (transcript, other teachers’ recommendation, etc)? For example, you don’t think the academic transcript represents your potential.

6. What kind of learner are you? Which academic setting or assignments make you thrive? What interests you?

7. List your three most distinguishing or most admirable qualities. Explain each in several sentences.

8. What do you hope to achieve in university and after? Consider your career goals and your broader goals.