

NAME: \_\_\_\_\_

**STUDENT SELF-APPRAISAL FORM**

College admissions counselors rely on the high school counselor to provide them with information that may not appear in other parts of the application. Answering the questions below will not only help your counselor write your recommendation, but will also help you, should you be required to write an autobiographical-type essay in your application.

1. Personality (rate yourself in each category on a scale of 1 to 10, with 10 being the highest and 5 being average):

- |                               |       |                                 |       |
|-------------------------------|-------|---------------------------------|-------|
| (A) academic motivation       | _____ | (H) sense of humor              | _____ |
| (B) academic creativity       | _____ | (I) concern for others          | _____ |
| (C) academic self-discipline  | _____ | (J) energy                      | _____ |
| (D) academic growth potential | _____ | (K) emotional maturity          | _____ |
| (E) leadership                | _____ | (L) personal initiative         | _____ |
| (F) self-confidence           | _____ | (M) reaction to setbacks        | _____ |
| (G) warmth of personality     | _____ | (N) respect accorded by faculty | _____ |

2. How would your friends and/or family describe you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What aspects of your high school years have you enjoyed the most? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Describe a difficult decision that you have had to make and what you learned as a result.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. What is the greatest challenge you have had to face (personal or academic)?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. When you think of your accomplishments, which one(s) are you most proud of and why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. What are your goals in life (short- and long-term)? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. Three adjectives that describe yourself are: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

(Feel free to use reverse side if you need more space for your answers.)