**Summer 2022**

Dear Junior,

Below you will find a series of questions which constitute a “brag sheet.” It is called a “brag

sheet” because we hope to find out some of the best about you, and we hope that you may

discover some of the best about yourself as you write it.

In completing this “brag sheet,” it is important that you take the time to think over your

responses and to write out your answers thoroughly and in the best style possible. In other

words, think of this as an important assignment on the way to proceeding through the

college application process. Be frank and complete. Unless the question specifically refers to

school activities, do not restrict your answers to school life. The more detailed, self-revealing, and self-analytical it is, the more helpful the paper will be in our writing

Delbarton’s Summary and Recommendation to the colleges of your choice.

There is no minimum or maximum length assigned, but most students prepare 10-15 pages, double spaced. You should submit your brag sheet by August 15th through the Google Doc which was shared with you by Ms. Fazio. Mechanics and style are important. You can also present this to us during the month of August so we can begin your senior year college selection interviews before school starts. Thank you for your careful attention to this assignment.

College Counselors

• In what activities (extracurricular, hobbies, community affairs, sports, etc.) have you

participated? In these endeavors what particular interests, achievements or talents

have you recognized? List in order of importance to you, any honors, prizes, or

awards you have received. Include elected or appointed offices or responsibilities you

have held.

• How many are there in your family? What unique contribution do you think you make

to your family? How do you feel about where you fit (e.g. youngest, oldest, only child

or only boy) in your family?

• What is the most significant contribution you have made to Delbarton? What do you

feel sets you apart as an individual in your school?

• In what ways have you grown intellectually during your years in high school? In what

ways can you be described as intellectually curious and/or as rigorous in your pursuit

of knowledge? Who or what has contributed to that growth or to the development of

these intellectual qualities in you?

• Recount an incident or time when you faced a challenge, setback or failure. How did it affect you, and what did you learn from the experience?

• Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?

• Discuss an accomplishment, event or realization that sparked a period of personal growth and a new understanding of yourself or others.

• What academic areas are you interested in exploring in college? Why? Are you

interested in any particular occupation or profession? What else are you looking for

in a college?

• Briefly, discuss something additional you would like us to know about you as a

person. This may be something positive about you which we should keep in mind

when writing your letter of recommendation but which the questions above did not

elicit.

*THANK YOU FOR YOUR WORK!*

P.S. We would like to point out that questions three through eight are exceedingly important

and ought to receive from you a great deal of thought and time in the answering. Not only

do they cover the kinds of essay questions that colleges ask of their applicants, but, more importantly, they get to the heart of the developmental issues the high school junior and

senior typically faces. Answering these questions, then, will be good medicine.

**REMEMBER: DUE AUGUST 15, 2022**