

THIS FORM IS TO BE SUBMITTED TO YOUR COUNSELOR BEFORE THE  
END OF YOUR JUNIOR YEAR

### STUDENT PERSONAL ANALYSIS

Student's Name	
Student's Number	
Homeroom Section	
Date	
Counselor Name	

In order that your recommendation from your counselor presents as strong a picture of you as possible, it is extremely important that you provide as much accurate information about yourself as you can. Please complete all items below which pertain to you. Your transcript and counselor recommendation will be sent only at your request to employers, colleges, business schools, etc. Please be as concise as possible.

#### EXTRACURRICULAR ACTIVITIES /TALENTS /INTERESTS:

- A. Tell us about the in-school and out-of-school (outside of Mt. Lebanon High School) activities in which you have been involved. Please describe each activity (e.g., Technical Theater – worked on stage crew in charge of lights) and mention any special responsibilities you have had in the activity, amount of time commitment involved and grade levels, and any special recognition you have received (e.g., varsity letter, solo part in spring choir concert, class officer).

Activity & Description	Grades Participated	Time Commitment Per Week	Position Held/ Special Recognition and Honors

- B. Please describe in more depth the one school activity which has been most important to you and explain why it is significant.
- C. Please comment on your summer activities (jobs, travel, summer school, etc.).
- D. What do you think is your greatest passion/talent and what have you done to develop or use it?

### **EMPLOYMENT EXPERIENCE**

Please describe any summer or school year employment- also include volunteer activities.

### **ACADEMIC ACTIVITIES**

1. What academic experiences have helped you grow as a student?
2. In what school courses have you shown an interest beyond regular assignments or done voluntary, independent study or research?
3. How would you describe yourself as a student?

## **COLLEGE OR CAREER PLANS:**

1. Please indicate your thoughts on college majors or career paths you may explore.
  
2. What activities do you plan to pursue in college? This is important because colleges want to know how you will contribute to the community outside of the classroom.
  
3. Will you be a first generation college student? This is defined as neither parent having earned a four year undergraduate degree by the age of 24 for the purpose of the study.

## **PERSONAL QUALITIES:**

1. What is something that you have done in high school that makes you proud? There are no wrong answers here.
  
2. What personal qualities are important to you?
  
3. What are your greatest personal strengths?
  
4. Is there anything on your “bucket list” (future goals) that relates to your extracurricular activities, hobbies, or academic interests?

## **UNUSUAL CIRCUMSTANCES**

1. Please describe any unusual situations or special circumstances that have affected your academic performance, such as illness, disabilities, or difficulties that you have experienced. Please feel free to include any additional responsibilities you have taken on as a result of the situation. ( e.g. taking care of an ailing family member before or after school).

2. Is there anything your counselor does not know about you that might influence this recommendation that you would like to share? If so, use this space to add additional information.