**Recommendation Letter Info Form**

Please answer each question thoughtfully and honestly. The quality of this form will influence the quality of your recommendation.

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| **Name:** | **Phone:** |
| **Email Address:** | **Parent’s Email Address:** |
| **Intended Major:** | **Career Goal:**  |
| **Academic:** Give your favorite academic success story. What is something you have accomplished or overcome while at LHS.  |
| **Hobbies/Interests:** |
| **School Activities:** |
| **Character:** Pick two of the following characteristics that describe you as a learner. Give a specific example or anecdote that shows how you have demonstrated this characteristic. **Inquirer:** Curious & independent **Open-minded:** Open to perspectives & values others**Knowledgeable:** Explores concepts, seeks in-depth knowledge. **Caring:** Shows empathy & compassion; personal **Thinker:** Approaches complex problems critically & creatively. commitment to service**Communicator:** Expresses ideas confidently & creatively. **Risk-Taker:** Approaches unfamiliar situations with **Principled:** Acts with honesty & integrity; takes responsibility courage & independencefor actions **Balanced:** Understands intellectual, physical, and **Reflective:** Gives thoughtful consideration to his/her learning emotionalexperience. |
| **Personal:** Explain any situation that has required you to overcome adversity or obstacles. How did you deal with the situation? Did you become stronger? How? |
| **Family:** Briefly describe who you live with. What education/careers do your parents or guardians have? Are you the first in your family to go to college? |
| **Family (continued):** Were you or your parents born in another country? How long have you or they been in this country? Do you speak another language at home? How have you adapted to this? Has it been difficult? How has it made you who you are today?  |
| **Leadership:** describe one or more situations where you demonstrated leadership. Remember leadership does not necessarily mean hold a specific role. Leadership involves promoting new directions. It means taking a stand on something you believe in and influencing other to think or act differently.  |
| **What is your Extended Essay topic?** Why does this topic interest you? |
| **IB**: What did you do for your CAS requirement? (Include projects you were included in during this time?) |
| **Work Experience:** Discuss your work experience if you have any? |
| **Explain the principles, values, or beliefs that guide your life.** |
| **What is your favorite high school experience or story?** |
| **How has having an international high school curriculum (IB) influenced you?** |
| **Are there any subjects or activities that you are passionate about pursuing in college?**  |
| **REQUIRED:** Please list anything else you would like included in the letter of recommendation or tell me something unique about you.  |
| **Please sign below that all statements made on this form are truthful and accurate.** Signature: Date:  I give my counselor permission to quote from this form.  |