

Directions for completing the Senior Brag / Profile Sheet:

1. You need to SAVE this to your desktop or flash drive **BEFORE** completing the form.
2. After saving, open and use the TAB key to move through the fields to complete the questions.
Do NOT use all caps when completing questions.
3. Please write NONE if the section does not apply to you.
4. After completing the form completely you need to email it to your counselor with the date that you would like to have your Letter of Recommendation completed. Please tell the counselor in your email what school or scholarship you are applying for so that they can properly address that in the letter. NOTE: You should tell your counselor **IN PERSON**, that you sent the email so that they can be certain to make sure it did not go to their SPAM folder.

(Email addresses are below)

REMEMBER: You should give the counselor/teacher 2 weeks notice for Letters of Recommendation.

OR

You can print it out and take it to the Guidance Office or Career Center and drop it off to your counselor.

A – Col	Tameiko Rose-Cockrell	trose@avhsd.org
Com - Gq	Gretchen Vidal	gvidal@avhsd.org
Gr-Loo	Dana Roth	droth@avhsd.org
Lop - Owd	Latisha Sampson	lsampson@avhsd.org
Owe – Sl	Debbie Weilbacher	dweilbacher@avhsd.org
Sm – Z	Larry Queen	lqueen@avhsd.org
ALL AVID & EL	Jeff Tepper	jtepper@avhsd.org

Brag Sheet on following pages. Please scroll down.

QUARTZ HILL HIGH SCHOOL SENIOR PROFILE

Use the "tab" key to move through fields. Do not use all Caps.
(Additional items can be added by attaching an additional page.)

Name:

Quartz Hill ID # _____

Home Telephone:

Guidance Counselor: Choose One:

All Sections Must be Completed: (put NONE where applicable)

- Please list all **co-curricular and extra-curricular activities** in which you have participated and will participate in 12th grade. Please indicate if you have held a **leadership position**. (Include clubs, sports, student government and/or other leadership activities, cultural arts, music, art, theatre, and writing.)

Activity	Office Held	Grade

- Please list any **volunteer, community, church/temple activities** in which you have or will participate any time since 9th grade. For approximately how long did you participate?

Activity	Length of Time
1.	Choose # / Choose Term
2.	Choose # / Choose Term
3.	Choose # / Choose Term

- Please list any **summer programs** or other **special programs** you have or will participate in since 9th grade.

Activity	Length of Time
1.	/ to /
2.	/ to /
3.	/ to /

- Have you achieved any **scholastic, extra-curricular, community or church/temple honors or awards** since 9th grade? Please list them.

1.	2.
3.	4.

- Please list any **salaried employment experiences** you have had since 9th grade or anticipate to have through 12th grade.

Employer	Dates
1.	/ to /
2.	/ to /

- Please list any special interests, hobbies, or talents in which you have been involved for at least one year since 9th grade. Please indicate if you have received any special recognition, honors or awards for any.

Special Interests/Hobbies/Talents	Honor/Award
1.	
2.	
3.	

- Please list your **current career goal** (s).

1.	2.
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- What colleges/universities do you plan to **apply and attend**? Or list military or other option here.

1.	2.
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- Is there any **special circumstances** that your counselor should know about, such as a change in financial conditions, your home environment, or your physical condition? Please list and indicate how this has impacted your life.

Special Circumstance

1.

How it has impacted your life. (500 character strokes or less)

- What 2 adjectives would your **peers** use to describe you?

1.	2.
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- What 2 adjectives would your **teachers** use to describe you?

1.	2.
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