

Student Record for College

Name:

Record of Extracurricular Involvement

- Clubs/Activities at School
- Athletics
- Volunteer/Community Service Work
- Paid Work Experience/Internships/Job Shadowing
- Other Activities (Religious, Cultural, Community, Hobby, Enrichment, Travel, Summer Experiences)

Type of Activity:

Dates of Involvement:

Grade Level:

9 10 11 12

Hour per week:

Weeks per year:

- Took Place During School Year
 Took Place During Summer Break

Details: (Accomplishments, awards, achievements, positions or offices held, honors won, letters earned, leadership roles, employer, duties, etc.)

Reflection: Colleges are usually interested not so much in what you did, but more in why you participated and how the experience changed you. Reflect on why your involvement has been meaningful to you and how it has helped you to grow.

Record of Test Scores

- PSAT
- SAT
- ACT
- AP
- Other (SAT Subject Tests, WorkKeys, M-STEP)

Test Name:
Test Date:
Overall Score:
Score Details:

Record of Cumulative Grade Point Average

Grade	Semester 1 (ends in January)	Semester 2 (ends in June)
9		
10		
11		
12		

(Remember, colleges will make their initial decisions based on your GPA after six semesters.)

Questions to consider as you progress through high school:

- Which teacher(s) are you getting to know well enough to ask for a letter of recommendation?
- What leadership roles could you aspire to in the future?
- What new initiatives could you start in your school or community?
- What are you reading outside of class (magazines, books, etc.) to explore your personal interests?
- What can you do during the summer to explore your interests, challenge yourself and grow?
- Are you doing any activities that help others? Allow you to grow creatively? Challenge you physically?
- Are you getting to know your high school counselor?
- If a teacher were asked to vividly describe your classroom behavior and participation, how would he/she describe you?
- Your classes at school should be like a good workout. They should make you sweat and cause you to flex and develop your intellectual muscles. If your classes are too easy, it is like lifting an empty barbell at the gym. Are you taking the most rigorous schedule that you can handle successfully? Colleges will be very interested in any honors, accelerated, AP/IB, and/or dual enrollment classes you take.