

Manchester Valley High School Student Self-Assessment Form

Student Name _____ Date _____

Email Address: _____ Weighted GPA _____ Unweighted GPA _____

Weighted Class Rank _____ Unweighted Class Rank _____

Highest SAT Scores: Critical Reading _____ Math _____ Writing _____

AP Scores: Test _____ Score _____, Test _____ Score _____,
Test _____ Score _____, Test _____ Score _____,

Total # AP Courses Taken _____ Total # Service Hours Completed _____

Please answer the following questions. Your specific comments will not be sent to colleges but may be incorporated in your recommendations, as appropriate.

1. Identify the extracurricular activity school-related, community, employment, etc. that has been the most rewarding for you. Please explain.
2. Describe your strengths/attributes/skills/talents. Be accurate, not modest!
3. List three adjectives that you would use to describe yourself.
4. Identify and explain any circumstances (personal or family) that have impacted, positively or negatively, your academic performance or your extracurricular involvement in high school.
5. What is your intended college major/program of study and what is your career goal?
6. Describe anything about yourself that is special and might set you apart from other applicants.
7. Is there anything else you would like the college to know? Please explain.

*Please complete other side of form or attach resume

Activities and Accomplishments

	Grade Level (9, 10, 11, 12) & Description	Position Held/Honors Received	Do you plan to participate in College?
Leadership Activities			
Clubs and Organizations			
Sports			
Community and Volunteer Services			
Work Experience			
Special Interests/Hobbies			