

# Manchester Valley High School

## Student Self-Assessment Form

Student Name \_\_\_\_\_ Date \_\_\_\_\_

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 \_\_\_\_\_

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**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.

# Student Activity Summary/Resume

Student Name \_\_\_\_\_

**Instructions:** List below the major activities in which you have participated while in high school. Also list your church and community activities and work experience (summer/part-time). **Please print or type.** If you prefer, you may attach a copy of your resume instead of completing this form.

## SCHOOL ACTIVITIES/ ATHLETICS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

## COMMUNITY & CHURCH ACTIVITIES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## WORK EXPERIENCE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_