

ATASCADERO HIGH SCHOOL SENIOR PROFILE

Class of _____

Name _____ Phone _____

You live with:

Father (name): _____ Occupation: _____

Mother (name): _____ Occupation: _____

Number of brothers and sisters living at home: _____ Number attending college(s): _____

GPA: _____ Class Rank: _____ SAT 1: Verbal: _____ Math: _____ ACT: _____

SAT II tests and scores: 1. _____ 2. _____ 3. _____

PART 1

ACADEMIC /WORK EXPERIENCE

What have you chosen as your major field of study?

What are your future career goals?

What Colleges/Universities are you applying to?

Academic Awards since 9th grade:

Grade Level

_____	_____
_____	_____
_____	_____
_____	_____

Honors and AP courses completed (or in progress):

Vocational (ROP classes, certificates earned) courses completed (or in progress):

Work Experience:

Type of Work

Place of Employment

Hours per
Week

Grade

_____	_____	_____	_____
_____	_____	_____	_____

PART 2

STUDENT ACTIVITY RECORD

School Organizations/Clubs/Student Government

Name	Office(s) Held	Grade
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Athletics and Music

Name	Office(s) Held/Captain/Awards	Grade
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Out-of-School Activities/Church Activities/Volunteer Work

Name	Office(s) Held	Grade
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Other Honors and Awards

Honor/Award	Grade
_____	_____
_____	_____
_____	_____
_____	_____

PART 3

AUTOBIOGRAPHICAL INFORMATION

To help prepare a thorough letter of recommendation, please answer the following questions:

1. What are your three most distinguishing or admirable qualities?

- _____
- _____
- _____

2. What is the single accomplishment of which you are most proud and why do you take special pride in it?

3. What do you choose to learn when you can learn on your own?

4. What circumstances have influenced your education?

5. What reasons should you be considered for a particular scholarship?

6. Is your high school academic record an accurate measure of your ability and potential? Explain. In what areas do you feel that you need to improve (socially and academically)?

PART 4**PERSONAL QUALITIES**

Rate yourself in the following commonly asked personality categories:

	Below Average	Average	Good (Above Average)	Excellent (Top 10%)	Outstanding (Top 5%)
Initiative / Motivation					
Intellectual Curiosity					
Creativity					
Energy					
Self-confidence					
Leadership / Influence					
Responsibility					
Concern for Others					
Warmth of Personality					
Sense of Humor					
Emotional Maturity					
Reaction to Setbacks					
Respect Accorded by Faculty					
Respect Accorded by Peers					

STEPS FOR SUCCESS

- The Senior Profile will be an important aid to you in typing a resume or requesting a letter of recommendation for college and/or scholarship applications. It is important that you do a thorough and accurate job because staff members at AHS will use information from the profile when writing your college recommendation.
- After completing the profile, make several copies and keep one for your own file.
- Obtain a copy of your transcript from the AHS registrar in the Counseling office. Make copies for each recommendation that you need.
- Present a copy of the Senior profile, your transcript, and a stamped self-addressed envelope to the staff member writing the recommendation at least 3 weeks prior to your due date.
- Some recommendations are not to be seen by the student, so the envelope should be addressed to the individual or group needing the recommendation. In other cases, you may be able to make photocopies of the recommendations and use them for several applications.
- Be sure to write a thank you note to anyone who takes the time to write you a letter of recommendation. Cookies are always nice too!
- Keep a record of all activity regarding your application process. Setting up a file box with folders for the different categories is an excellent method to keep all the different information organized.
- Records should include:
 - Photocopies of SAT/ACT registration - if you have to retake a test you will have a completed form to use as a guide
 - Photocopies of test scores
 - Photocopies of college applications and essays
 - Photocopies of letters of recommendation
 - Your Senior Profile
 - A record of when letters of recommendation were sent and by whom
 - Responses from colleges
 - Financial aid information
 - Scholarships applications
 - Aid applications
 - Aid essays
 - Tax records
 - FAFSA forms