

# Appraising Myself as I Plan for the Future

This form will be kept on file in the College Office. Please give careful attention to the following questions. Your answers will be helpful to Mrs. Walsh in presenting you to colleges. Be assured that anything that you write will not be shared with anyone unless you approve it beforehand.

1. Name: \_\_\_\_\_ D.O.B: \_\_\_\_\_ SS#: \_\_\_\_\_

2. School Counselor: \_\_\_\_\_

3. Email: \_\_\_\_\_

4. Please list your free period(s) to meet with Mrs. Walsh \_\_\_\_\_

5. Living with: Father \_\_\_ Mother \_\_\_ Stepfather \_\_\_ Stepmother \_\_\_ Other \_\_\_

Siblings:

Name: \_\_\_\_\_ Age: \_\_\_ School: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_ School: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_ School: \_\_\_\_\_

**Parent/Guardian 1** Full Name: \_\_\_\_\_ is s/he living? \_\_\_\_\_

Home address (if different than yours): \_\_\_\_\_

Occupation: \_\_\_\_\_ Employer: \_\_\_\_\_

Name of college (if applicable): \_\_\_\_\_ Degree: \_\_\_\_\_ Year: \_\_\_\_\_

Name of professional or graduate schools (if applicable): \_\_\_\_\_

Degree: \_\_\_\_\_ Year: \_\_\_\_\_

**Parent/Guardian 2** Full Name: \_\_\_\_\_ is s/he living? \_\_\_\_\_

Home address (if different than yours): \_\_\_\_\_

Occupation: \_\_\_\_\_ Employer: \_\_\_\_\_

Name of college (if applicable): \_\_\_\_\_ Degree: \_\_\_\_\_ Year: \_\_\_\_\_

Name of professional or graduate schools (if applicable): \_\_\_\_\_

Degree: \_\_\_\_\_ Year: \_\_\_\_\_

Is your home bilingual? \_\_\_\_\_ If so, what other language is spoken? \_\_\_\_\_

**Citizenship:**  
**(Optional)**

Please check:

\_\_\_ US citizen    \_\_\_ Dual US citizen; please specify other country of citizenship\_\_\_\_\_

\_\_\_ US permanent resident visa; citizen of\_\_\_\_\_

\_\_\_ Other citizenship\_\_\_\_\_

Country (ies)	Visa type
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**Student Athletes:**

Are you applying to \*\*Division I or \*\*Division II colleges for an athletic scholarship? \_\_\_\_\_

If so, what sport? \_\_\_\_\_

Coach's name: \_\_\_\_\_

Are you applying to Division III colleges with the hope that your athletic talent will help you gain admittance to the school? If so, what sport\_\_\_\_\_

Coach's name: \_\_\_\_\_

\*\*Please be sure to complete NCAA (National Collegiate Athletic Association) Initial Eligibility forms via [www.eligibilitycenter.org](http://www.eligibilitycenter.org) and meet with your school counselor as soon as possible to evaluate your candidacy. If you want to participate in college athletics or receive an athletic scholarship you must meet certain requirements while in high school.

**Health**

General health and physical condition (indicate any long period of illness):\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Autobiography

College admission counselors rely on the college counselor to provide them with information that may not appear in other parts of the application. Answering questions below will not only help Mrs. Walsh in writing your recommendation letter, but will also help if you are required to write a personal statement for your college applications.

1. How would your family and/or friends describe you?

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2. What aspects of your high school years have you enjoyed the most?

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3. Describe a difficult decision that you have had to make and what you learned as a result.

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4. Describe a challenge you have had to face.

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5. Which one of your accomplishments are you most proud of and why?

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6. Are there any traits or accomplishments that set you apart from other teenagers?

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7. What characteristics or qualities would you like Mrs. Walsh and college admission counselors to know about you?

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8. What are your future goals?

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9. List any leisure time reading (i.e. not classroom assignments) you have done in the past two years or so. Include any books, newspapers, or magazines and which have been most enjoyable or meaningful for you.

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10. How do you spend your leisure time during the school year and in the summer? College admission counselors are interested in your time management and your overall learning experiences. List chronologically any pertinent travel opportunities, summer classes or internships, or other activities you have undertaken.

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11. I would describe myself as: (list 10 adjectives)

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12. How do you think your teachers would describe you?

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13. Do you have a quote or a personal motto which you follow? What is it and why?

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## College Essay

The majority of colleges require the applicant to write an essay. ***What do you want the readers of your application to know about you apart from courses, grades, and test scores?*** The application may simply ask for a personal statement and leave the decision up to you as to how you wish to respond. Other colleges might ask you to write about suggested topics. The Common Application colleges ask students to respond to one of the prompts listed below.

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Describe a problem you've solved or a problem you'd like to solve. It can be an intellectual challenge, a research query, an ethical dilemma - anything that is of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution.
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

In the space below, feel free to write a personal statement or respond to one of the prompts listed. You can also list possible essay topic that you might want to discuss with Mrs. Walsh. Attach additional pages if necessary. **This is not a required section of the "Appraising Myself as I Plan for the Future" packet.** However, it is suggested that you begin the college essay writing process during your junior year.

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In addition to completing the “Appraising Myself as I Plan for the Future” packet, students must complete the **College Planning Survey** on the Naviance website. Mrs. Walsh will utilize the results of the survey during your college planning meeting

1. Log onto your Naviance account. If you have misplaced your log on information please see your School Counselor or Mrs. Walsh.
2. Click on the “About Me” tab, then “My Surveys”, then “Surveys Not Started”, then “College Planning Survey”.
3. Complete the survey, print it, and attach it to this packet.

The screenshot shows the Naviance Student interface. At the top, there is a teal header with the Naviance logo and the text "Naviance | Student". To the right of the header are links for "Home", "Colleges", "Careers", and "About Me". Below the header, there is a navigation menu with "Quick Links" and "College Planning Survey". The "College Planning Survey" section contains a yellow warning box with a triangle icon and the text: "Note: Please save your answers often if you need longer than one hour to complete this form. You will be logged out of the survey after one hour if you have not changed the page." Below the warning box, there is a paragraph of text: "By completing this survey, you will be helping Mrs. Walsh understand where you are in your post secondary planning process and college search. Feel free to contact Mrs. Walsh or your guidance counselor with specific questions. Thank you!" Below the text, there is a question: "1. What are your plans after high school? If more than one response is appropriate, check all that apply." Below the question, there are six checkboxes with corresponding options: "4-year college or university in New York", "4-year college or university outside of New York", "2-year college or technical school in New York", "2-year college or technical school outside of New York", "Military or Armed Services", and "Job". At the bottom of the list, there is a checkbox for "Consider taking a year off before college".



