



# KNOW THYSELF VOCABULARY

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| <input type="checkbox"/> Academic        | <input type="checkbox"/> Fair-minded     | <input type="checkbox"/> Persevering   |
| <input type="checkbox"/> Active          | <input type="checkbox"/> Firm            | <input type="checkbox"/> Persuasive    |
| <input type="checkbox"/> Adaptable       | <input type="checkbox"/> Flexible        | <input type="checkbox"/> Poised        |
| <input type="checkbox"/> Adventurous     | <input type="checkbox"/> Forceful        | <input type="checkbox"/> Polite        |
| <input type="checkbox"/> Agreeable       | <input type="checkbox"/> Formal          | <input type="checkbox"/> Practical     |
| <input type="checkbox"/> Alert           | <input type="checkbox"/> Frank           | <input type="checkbox"/> Private       |
| <input type="checkbox"/> Ambitious       | <input type="checkbox"/> Friendly        | <input type="checkbox"/> Progressive   |
| <input type="checkbox"/> Analytical      | <input type="checkbox"/> Fun loving      | <input type="checkbox"/> Purposeful    |
| <input type="checkbox"/> Articulate      | <input type="checkbox"/> Funny           | <input type="checkbox"/> Quick         |
| <input type="checkbox"/> Assertive       | <input type="checkbox"/> Generous        | <input type="checkbox"/> Quiet         |
| <input type="checkbox"/> Attentive       | <input type="checkbox"/> Good natured    | <input type="checkbox"/> Rational      |
| <input type="checkbox"/> Bold            | <input type="checkbox"/> Happy           | <input type="checkbox"/> Realistic     |
| <input type="checkbox"/> Broadminded     | <input type="checkbox"/> Hardworking     | <input type="checkbox"/> Reflective    |
| <input type="checkbox"/> Calm            | <input type="checkbox"/> Helpful         | <input type="checkbox"/> Relaxed       |
| <input type="checkbox"/> Capable         | <input type="checkbox"/> Honest          | <input type="checkbox"/> Reliable      |
| <input type="checkbox"/> Careful         | <input type="checkbox"/> Idealistic      | <input type="checkbox"/> Resourceful   |
| <input type="checkbox"/> Cheerful        | <input type="checkbox"/> Imaginative     | <input type="checkbox"/> Responsible   |
| <input type="checkbox"/> Clear headed    | <input type="checkbox"/> Independent     | <input type="checkbox"/> Sensible      |
| <input type="checkbox"/> Clever          | <input type="checkbox"/> Individualistic | <input type="checkbox"/> Sensitive     |
| <input type="checkbox"/> Confident       | <input type="checkbox"/> Industrious     | <input type="checkbox"/> Serious       |
| <input type="checkbox"/> Conscientious   | <input type="checkbox"/> Intellectual    | <input type="checkbox"/> Sincere       |
| <input type="checkbox"/> Conservative    | <input type="checkbox"/> Introspective   | <input type="checkbox"/> Sociable      |
| <input type="checkbox"/> Considerate     | <input type="checkbox"/> Inventive       | <input type="checkbox"/> Spontaneous   |
| <input type="checkbox"/> Consistent      | <input type="checkbox"/> Liberal         | <input type="checkbox"/> Stable        |
| <input type="checkbox"/> Courageous      | <input type="checkbox"/> Lively          | <input type="checkbox"/> Strong        |
| <input type="checkbox"/> Creative        | <input type="checkbox"/> Logical         | <input type="checkbox"/> Strong minded |
| <input type="checkbox"/> Curious         | <input type="checkbox"/> Loyal           | <input type="checkbox"/> Successful    |
| <input type="checkbox"/> Daring          | <input type="checkbox"/> Mature          | <input type="checkbox"/> Supportive    |
| <input type="checkbox"/> Deliberate      | <input type="checkbox"/> Modest          | <input type="checkbox"/> Tactful       |
| <input type="checkbox"/> Determined      | <input type="checkbox"/> Motivated       | <input type="checkbox"/> Tenacious     |
| <input type="checkbox"/> Eager           | <input type="checkbox"/> Natural         | <input type="checkbox"/> Thorough      |
| <input type="checkbox"/> Easygoing       | <input type="checkbox"/> Optimistic      | <input type="checkbox"/> Thoughtful    |
| <input type="checkbox"/> Empathetic      | <input type="checkbox"/> Organized       | <input type="checkbox"/> Tolerant      |
| <input type="checkbox"/> Energetic       | <input type="checkbox"/> Original        | <input type="checkbox"/> Trustworthy   |
| <input type="checkbox"/> Enthusiastic    | <input type="checkbox"/> Outgoing        | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Entrepreneurial | <input type="checkbox"/> Patient         | <input type="checkbox"/> Versatile     |

**3. What are your 3 strongest attributes? (See list on page 2 for a reference list of adjectives). Please provide examples to highlight these qualities.**

#1 \_\_\_\_\_

*Example:*

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#2 \_\_\_\_\_

*Example:*

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#3 \_\_\_\_\_

*Example:*

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**4. What do you consider your academic strengths and weaknesses?**

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**5. What do you consider your most positive personal qualities and character strengths?**

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**6. What is your most important accomplishment and why are you proud of it?**

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**7. Has there been any outside circumstances that have prevented you from doing your best in high school?**

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**8. What has been your most meaningful extracurricular activity and why? Include any leadership roles you've had in these activities.**

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**9. What has been your most meaningful community service experience and why?**

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**10. What special abilities, hobbies or experiences have impacted your life?**

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**11. What is the class or academic experience that really challenged you during your high school career?**

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**12. How do you spend your summers?**

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**13. What other information best describes the "real you"?**

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**14. If you could write the opening sentence of your letter of recommendation, what would you write?**

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**3. If you had to describe your son/daughter in five adjectives, what would they be? Please provide examples for 2 or 3 of the adjectives you listed.**

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**4. Are there any unusual or personal circumstances that have affected your son or daughter's educational or personal experiences?**

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**5. If your child is planning on attending college, describe any family related factors that may influence where he/she attends college. These may include finances, legacies, college location, or family expectations.**

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**6. Please provide any additional information you feel would be useful for your child's counselor to know when writing his/her letter of recommendation.**

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