



5. What are your long-range goals, both personally and professionally? What type of person would you like to become?

Personal Goals:

Professional Goals:

6. Is there anything else you would like for me to know about you in order to help you?

### **ABOUT ME**

1. What activities or qualities make you stand out from your peers? What do you consider your greatest personal strengths?
2. Explain an opportunity you had to act as a leader. What did you learn from the experience?
3. Who or what has had the greatest impact on your life? Explain.
4. How do you plan to contribute to your community once you have completed your education? Explain.

◆ Check the list below and really get descriptive! Circle 6 or 7 words which you feel are true about you most of the time.

◆ Feel free to add any additional information you think might be helpful in our glowing presentation of you!

Accepting	Energetic	Lively	Respectful
Adaptable	Enterprising	Logical	Responsible
Ambitious	Enthusiastic	Loving	Scientific
Analytical	Extroverted	Loyal	Self-reliant
Articulate	Fair	Mature	Sensible
Assertive	Friendly	Modest	Sensitive
Calm	Genial	Methodical	Sentimental
Carefree	Gentle	Objective	Serious
Caring	Generous	Observant	Sincere
Cheerful	Happy	Optimistic	Shy
Clever	Helpful	Organized	Skillful
Competent	Honest	Original	Sophisticated
Competitive	Humorous	Perceptive	Sociable
Confident	Idealistic	Perfectionist	Spontaneous
Conscientious	Imaginative	Persuasive	Strong
Cooperative	Independent	Practical	Supportive
Courageous	Ingenious	Punctual	Sympathetic
Creative	Innovative	Quiet	Thoughtful
Decisive	Inspiring	Rational	Tolerant
Demanding	Intelligent	Realistic	Trustworthy
Dependable	Introverted	Reasonable	Understanding
Determined	Intuitive	Reassuring	Wise
Diplomatic	Kind	Relaxed	Witty
Disciplined	Knowledgeable	Reliable	Workaholic
Efficient	Leader	Reserved	

Which **three** of the circled words describe you best? List them and **tell why** they describe you.

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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## **ACTIVITIES**

List one or two of your most important activities in the areas listed below. Why have these activities been most important to you? What have you learned from your participation in these activities? Feel free to attach a copy of your resume.

### **Extracurricular Activities:**

### **Community or Volunteer Service:**

### **Talents, Awards, Honors**

### **Employment, Internships, Summer Activities**