Class of 2023

Chantilly High School

Counselor

Recommendation Packet

Please complete & return everything electronically.

Deadline: on or before Friday, June 3, 2022

|  |  |  |
| --- | --- | --- |
| **Counselor** | **Alpha** | **Email** |
| Michelle Pringle | A – BEL | [mepringle@fcps.edu](mailto:mepringle@fcps.edu) |
| Debbie Wolin | BEM – CLA | [dfwolin@fcps.edu](mailto:dfwolin@fcps.edu) |
| JP Sousa | CLE – EST | [jsousa@fcps.edu](mailto:jsousa@fcps.edu) |
| Megan Sullivan | ET - HE | [mlsullivan1@fcps.edu](mailto:mlsullivan1@fcps.edu) |
| Bobby Cardozo | HI – KIM | [rtcardozo@fcps.edu](mailto:rtcardozo@fcps.edu) |
| Sarah Snyder | KIN – MAN | [sdsnyder@fcps.edu](mailto:sdsnyder@fcps.edu) |
| Sarah Fronckel | MAO – NG | [skfronckel@fcps.edu](mailto:skfronckel@fcps.edu) |
| Becky Clonts | NI – RAH | [rafunkclonts@fcps.edu](mailto:rafunkclonts@fcps.edu) |
| Dwayne Peyton | RAI – SE | [dlpeyton@fcps.edu](mailto:dlpeyton@fcps.edu) |
| Alexa Scott | SH – TRE | [agscott@fcps.edu](mailto:agscott@fcps.edu) |
| Alice Whitener | TRI – Z | [alwhitener@fcps.edu](mailto:alwhitener@fcps.edu) |
| Debbie Padgett | Subschool 5, A – Z | [dapadgett@fcps.edu](mailto:dapadgett@fcps.edu) |

The purpose of this College Planning Portfolio is to provide you with an opportunity to begin thinking about how you will present yourself to colleges during the application process. There is an old expression in college admissions: *SHOW, DON’T TELL*. Practice doing that now. Consider this to be a rough draft of your application. By giving some preliminary thought to your interests, strengths, and goals, you will be one step closer to completing your application in a clear, interesting, and thoughtful way. Note that the amount of effort you put into this packet will reflect the amount of effort I will be able to put into your letter of recommendation.

## Student information

**PLEASE TYPE EVERYTHING**

Full Name:

Date of Birth:

E-mail Address that you will continue to check regularly:

Cell Phone:

**\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_**

Part A: **College Information**. Feel free to combine all this information into one answer.

1. Which schools are you thinking about applying to?
2. Why, **specifically**, have you decided to apply to these schools? *What do they offer that makes them attractive to you?*

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Part B: **Self-Assessment**.

1. Look at yourself from the outside. How would your friends/family characterize you? **Please provide examples, anecdotes, etc. as to why they would think that.**
2. Does any specific attribute, quality, or skill distinguish you from others? How did you develop this attribute?
3. What have been the most satisfying courses you’ve taken and why?
4. What do you choose to learn/do in your free time? *Nothing, except maybe sleep (which is implied), is silly.*
5. Tell me about a time when you struggled with something and failed. How did you respond?
6. Describe an incident in which you demonstrated strong character (loyalty, integrity, self-discipline, kindness, commitment to high ideals, caring for others, etc.) *Think outside the box – “not cheating” is not the only answer!!*
7. Share something about yourself that I don’t already know about you; something that would help in writing your recommendations.
8. Where do you see yourself in ten years? What do you hope to study in college? It’s okay to say “undecided”. *Don’t worry; I won’t hold you to anything.*
9. Which single activity has been the most important to you and why? You may choose a school-affiliated program or independent one. Do you plan to continue it in some way in college?
10. Who have you approached (or do you plan to approach) for teacher recs? Who else would have nice things to say about you?
11. What are you passionate about? (This can be intellectually or personally.)
12. What 3 points would you like me to highlight in your letter of recommendation? Relate specific anecdotes to explain.

Part D: **Optional**.

1. Describe any work or volunteer experiences you have had. What did you “take” from the experience? What did you “give” to the experience?
2. Are you the first in your family to attend college?
3. Obviously, there are no right or wrong answers to the following questions. Your responses will simply help me to get to know you better.

Favorite keepsake:

Favorite saying/expression/quote:

Favorite song you’re embarrassed to like:

Favorite YouTube video:

Favorite vacation you’ve taken:

Favorite childhood memory:

Favorite thing you look forward to:

Any other favorites?

1. Please share any additional information that you feel was not addressed in the previous questions.

Part E: **Activities Information**. You may include your own résumé /activity list **OR** use one of the following as your template. *Be sure to include as many details as possible, specifically for outside CHS clubs or organizations.*

**ACTIVITY LIST FOR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |
| --- | --- |
| **FRESHMAN YEAR ACTIVITIES** | **SOPHOMORE YEAR ACTIVITIES** |
| **JUNIOR YEAR ACTIVITIES** | **SENIOR YEAR ACTIVITIES** |

**YOUR NAME**

**Street Address ~ City, Virginia Zip Code**

**Phone Number ~ Email Address**

**EDUCATION**

**Chantilly High School**

**EXTRACURRICULAR ACTIVITIES**



**ATHLETICS**



**AWARDS AND ACHIEVEMENTS**



**VOLUNTEER EXPERIENCE**



**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**LEADERSHIP EXPERIENCE**



**SPECIAL SKILLS AND INTERESTS**



**WORK EXPERIENCE**

## Parent/Guardian Response

Please answer the questions below with as much detail as you would like, keeping in mind that high school anecdotes will prove most helpful. Be funny, be serious, be honest -- mostly, be proud.Your child has been asked to return his/her materials to me electronically. It would be wonderful if your answers would accompany theirs. My email address is available on the Chantilly website, if your child is reluctant to share. 😊

Thank you in advance for taking the time to provide your insights! Feel free to call/email me with any questions.

1. Please share with me the colleges you think would be a good match for your student and why.
2. Are there limitations or special considerations that will affect where your student attends college? If so, what are they? Have you discussed financial considerations and how they may impact where your student attends college?
3. List 3 adjectives that best describe your child and provide examples, anecdotes, etc. *The examples are the best part!*
4. In your opinion, his/her greatest strengths & weaknesses are:
5. Describe a recent incident in which your child demonstrated strong character.
6. How has your child matured over the last three years?
7. Please relate anecdotes that describe your student’s strengths, accomplishments, preferences, work habits, personality, etc. *These are particularly helpful*. *Often, they shine a light on a particular interest, career choice, or just their personality.*
8. Is there anything you wish to add which would help me in writing the Counselor’s Statement for colleges?

Thank you so much for your contributions!

## Final Checklist

Before handing turning everything in, please make sure your packet is complete.

* Are ALL short answer questions answered to the best of your ability?
* Did you complete a résumé or activity list that explains your extracurricular involvements?
* Have you attached your signed *Consent for Release of Records* to the email you’re sending me? This REQUIRED form is available on the CHS Post Grad Planning site: <https://sites.google.com/view/chspostgrad>. You and a parent/guardian can sign this form electronically.
  + This form allows FCPS to send records electronically as you request them during your senior year. It also allows you to waive your right to access letters of recommendation written by, say, your counselor and teachers. Colleges will ask you (and us) in an application whether you waive your right to access information submitted on your behalf (read: trust that we’ll represent you accurately in your rec as you won’t be able to access it). If you choose not to, know that we’re asked to share that information. We’ll explain more about this in the Fall, should you have questions.
* Have you included your Parent/Guardian Response portion? If not, please remind your parents (as they remind you) to email/send it in with you ASAP.