

**BRAG SHEET**  
**(Letter of Recommendation Request Form)**

**Note:** Please submit to your recommender *at least two weeks* before you need the letter.

**Date:** \_\_\_\_\_

**Student Name:** \_\_\_\_\_

**Core Advisor:** \_\_\_\_\_

**Cumulative GPA:** \_\_\_\_\_

What is the recommendation needed for?

Statement of career / academic interests and goals (where do you want to go to school, what do you want to be):

Personal strengths that will make you a good college student, such as being inquisitive, motivated, disciplined, and hard-working:

Special skills or talents and how you demonstrated them:

List your extracurricular and summer activities and the dates of participation:

Honors, awards, or special recognition received and the dates you received them:

Your personal background, including your family situation, such as if you will be the first in your family to attend college:

Hardships you have experienced in seeking higher education (financial, personal, or social):

Your commitment to other students and your community, as demonstrated by your **volunteer work**, willingness to help other students, and involvement in humanitarian causes:

Your leadership skills and experiences:

Anything else noteworthy or that has shaped you into the person you are today: