



DANBURY HIGH SCHOOL

43 Clapboard Ridge Road, Danbury, Connecticut 06811

Guidance Department

Fax: (203) 797-4704

Student Activity Sheet

The purpose of the *Student Activity Sheet* is to provide detailed information to your teachers, administrator or counselor that he/she can utilize when writing your college recommendation. We encourage students to download this document from Danbury High School's Guidance Website (under "Forms") and type in your responses, then print, sign, and submit the *Student Activity Sheet* to either your teacher, administrator or counselor. This document is to be completed by the student. Please note that only your teacher, administrator or counselor will have access to this document.

Name of Student: _____

Cell Phone: _____ Email: _____

School Counselor: _____

My teacher, administrator or counselor, in his/her recommendation, may use any information I provide.

Student Signature: _____ Date: _____

Chronicling Your Involvements and Activities

Extracurricular: List any clubs or activities at Danbury High School or in the community in which you have been involved in order of importance to you. Please note any leadership roles and level of involvement.

Club/Activity	Grade(s)	Position Held, Details and Accomplishments

Athletics: List each sport, level of participation (Freshman, Varsity, JV, or Club) and any special recognition you have received (Captain, All-Star, All-FCIAC, etc.).

Sport	Grade(s)	Position/Awards

Community Service: List any volunteering you have done from Grade 9 to present, including through school and in the community, in order of importance to you.

Volunteer Activity	Grade(s)	Hours Per Week	Weeks Per Year

Employment: List all jobs you have held from Grade 9 to present. Include internships, summer jobs or work during the school year.

Place of Employment	Position(s) Held	Avg. Hours/Week	Dates

Summer Activities: Describe your summer activities.

Between Grades 9 & 10:

Between Grades 10 & 11:

Between Grades 11 & 12:

Answer the following questions as completely as possible (3-5 sentences each), typing your response below each question or attaching additional sheets. Please share any anecdotes and specific examples you think would be helpful.

1. Choose one activity or experience that has been important to you? Please explain why.

2. List any special awards, honors, or recognitions received not already noted. Please explain.

3. Do you have an intended area of study?

4. Which courses have you enjoyed most? Why?

5. What would your closest friends say your three best qualities are?

6. What circumstances, if any, have presented a challenge to you during high school?

7. Have you received any special awards (school, community, etc.)

8. Please indicate your essay/personal statement topic. Remember, your teacher, administrator or counselor would be happy to read and review your essay while still in draft form.

9. What would you most like your teacher, administrator or counselor to highlight in his/her letter of recommendation? Is there anything else you would like your teacher, administrator or counselor to know?