



## Non-Japanese College Guidance

### HELP ME HELP YOU for my Counselor

**Directions:** You've been given this sheet because you've requested a letter of recommendation from a teacher and/or counselor. While I'm happy to help, I need the information on this sheet to efficiently complete your request. If you run out of space on the grid for any of your answers, feel free to continue writing on the back.

<b>Clearly print your name exactly as you want it to appear in your letter:</b>	<b>List your top accomplishments:</b>	
<b>What career(s) are you considering for your future? Why are you drawn to this/these field(s)?</b>	<b>Describe any leadership positions you've held (club officer, sports captain, etc.) and what you've learned from the experience:</b>	
<b>Describe a problem you've faced and how you overcame it:</b>	<b>Favorite academic subject? Why?</b>	
<b>List three adjectives that accurately describe you:</b>	<b>Ask your friends to write three adjectives that accurately describe you:</b> (Yes, I expect to see different handwriting here.)	
<b>What makes you mad?</b>	<b>Describe a favorite memory from our work together:</b>	
<b>What makes you happy?</b>		
<b>Is there anything else I should know as I write your letter?</b>		



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