Class of 2020

Southampton High School Counseling Department
Senior Autobiography

Employers and college admission counselors often rely on the school counselor to provide them with information that may not appear in other parts of an application. Answering the questions below will help your school counselor in writing your letter of recommendation. Please note all of the information provided is for your school counselor's use only and will be kept confidential.

Student's Name: ___________________________ Counselor's Name: ___________________________

Student's Cellphone #: ___________________ Student's E-mail: _____________________________

What are your plans beyond high school (i.e.-college, work, trade school)? Please be specific.

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How would your family and friends describe you?

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How do you think your teachers would describe you?

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What characteristics or qualities would you like your school counselor to know about you?

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Describe something you have learned as a result of your participation in extracurricular activities/sports?

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How do you spend your leisure time during the school year and it the summer?


Describe a personal accomplishment of which you are most proud, and explain why.


Do you have a quote or a personal motto which you follow what is it and why?


If you plan on attending college, are you a 1st generation college student (you are the first person in your immediate family to attend college—i.e.: neither of your parents have a college degree)?

Yes or No

If you plan on attending college, what do you plan to study and why?


If you were writing this letter of recommendation what other information would you include?


Are you a student who is eligible to receive free or reduced lunch? If so, you may be eligible for additional financial assistance throughout the college application process.

Yes or No