



Plainview Old Bethpage John F. Kennedy High School

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Assistant Principal

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Assistant Principal

Matina Stergiopoulos
Assistant Principal

Counselors

Jessica Baker
Domenick DiDomenico
Sara Egosi (LR:Allie
Ragin
Daniel Jarmon
Joseph Izzo
Jason Miller
Cristina Rivas-Laline
Jennifer Siegel

Director of Guidance

Laurie B. Lynn

Psychologists

Tina Sirignano
Dr. Jay Wechter
Dr. Maria Xydias

Social Workers

Jamie Pfeffer
Melissa Rudes

Mental Health Provider

Gina McGarry

PARENT STATEMENT

Dear Parents:

Most colleges and universities require a personal recommendation from a student's guidance counselor as part of the application process. Your counselor's responsibility in preparing this recommendation is to provide a summary of your child's academic and extracurricular achievements and also some sense of his\her promise for further personal and intellectual growth. Conveying these unique qualities is not an easy task. Therefore, a brief statement about your son\daughter would be of great assistance. Thank you.

To be most helpful, your statement should include the following:

1. Your perceptions of your child's plans and aspirations at this point in time.
2. What you consider to be his\her strong personal characteristics as well as those areas you feel may need improvement.
3. Specific and significant activities or special talents in which your child has participated during his\her high school career both in and out of school.
4. Are there any unusual or personal circumstances which may have affected your child's educational experiences?

Feel free to attach a signed printout of your response, if you prefer.

Sincerely,

Laurie B. Lynn
Director of Guidance

Name _____ Counselor _____

Email _____

Common App User Name _____

The goal of the college counseling process is to help you identify colleges that are a good match for you based on your particular interests and preferences. Using some general characteristics as a starting point, indicate your current preferences. Check as many as apply. (Don't worry if these change.)

Size: *Based on undergraduate student population*

- Small (750-2,000)* *Large (15,000-20,000)*
 Medium (2,000-5,000) *Very Large (20,000+)*
 Medium to Large (10,000-15,000)

Setting:

- Urban/City Campus* *Suburban Campus* *Rural Campus*

Location:

- New York State* *South*
 New England *West*
 Midwest *Southwest (AK, OK, NM, TX)*
 Mid-Atlantic (PA, DC, DE, MD, NJ)

Type: *You are interested in the following types of schools: (check as many as you want)*

- Public* *Private* *Religious* *Single Sex* *SUNY/CUNY School*

Possible Area of Study:

Do you have an idea of what you want to major in at college? *YES* *NO (it is fine not to know.)*

If YES, what is it? _____

Do you have a specific career aspiration? *YES* *NO (it is fine not to know.)*

If YES, what is it? _____

BEING UNDECIDED ABOUT A MAJOR IS FINE.

DO NOT FEEL YOU NEED TO PUT SOMETHING HERE!

A. Are you fluent in any other languages? If so, which languages? _____

B. Are you a first generation college student? Yes _____ No _____

C. What is your most important activity and why (inside school or out)? _____

D. What have you enjoyed most about high school? Why? _____

E. Do you feel your academic record is an accurate measure of your ability? Why or why not?

F. Please list two teachers that you would consider requesting a letter of recommendation and why:

DISTINCTIONS

A. List four adjectives that you believe best describe you as a person.

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

B. Where do you see yourself in ten years.

C. Hobbies

D. Please feel free to share any other information (Special talents, fun facts):

Current Common Application College Essay Topics (between 250 and 650 words)

- A. Do you have a background or story so central to your identity that you feel like your application is incomplete without it?
- B. Have you experienced failure? How did it affect you? What lessons did you learn?
- C. Have you ever challenged a belief or idea? What made you choose to act? Would you make the same decision?
- D. Describe your ideal environment. What do you do there and why is it meaningful to you?
- E. Describe an accomplishment or event that marked your transition from childhood to adulthood within your culture, community, or family.

Some colleges or scholarship applications may ask for a resume. Your counselor will find this very useful in writing your recommendation. This is just a sample you can use as a draft. Feel free to use this or a format of your choice.

Name:
Date of Birth:
ACTIVITIES RESUME

Activity	Grade Level	Role/Position	Description
School Activities			
			•
			•
			•
Community Service			
			•
			•
			•
Athletics			
			•
			•
			•
Awards and Honors			
			•
			•
			•
Work Experience			
			•
			•
			•