



SAINT ANSELM'S
ABB EY S C H O O L

Student Self-Assessment for College Planning

Student's Name _____

Date of Birth _____

Social Security Number _____

Citizenship Status _____

Advisor's Name _____

To the Student: The questions included in this self-assessment are intended to help you reflect on yourself and your experience at the Abbey. The information you provide will help us get to know you so that we can properly guide you in the college process, write the important counselor report required by colleges, and speak with college admissions offices and representatives on your behalf.

Thank you for your cooperation. We look forward to working with you.

Sincerely,

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1. I have attended St. Anselm's from Form ____ to Form V.
2. If you attended other high schools before St. Anselm's, specify the grade(s) and year(s).

3. **Extracurricular Activities:** For each activity, describe your involvement, any leadership role you may have assumed, and any award, varsity letter, etc. received for the quality of your participation. Include related information about activities outside of school.

Athletics:

Form III	
Form IV	
Form V	

Arts: (Art, Music, Theater, Publications)

Form III	
Form IV	
Form V	

Community Service:

Form III	
Form IV	
Form V	

Class Offices, Clubs, Committees:

Form III	
Form IV	
Form V	

4. **Summer Activities:** (Describe any volunteer or paid work, courses and/or training completed, travel and community service experiences, etc.).

Form III	
Form IV	
Form V	

5. Which activities have been the most meaningful to you? Explain how they have helped you grow and learn about yourself.

6. What contributions have you made to the St. Anselm's community not indicated in your list of extracurricular activities?

7. **Academics:** List any academic awards, honors, and prizes you have received in high school. Indicate school, state, or national level.

Form III	
Form IV	
Form V	

8. What courses have you enjoyed the most at St. Anselm's? Why?

9. What subjects have you found the most difficult at the Abbey? Why?

10. How have you grown intellectually?

11. What are your greatest academic strengths?

12. What are your academic weaknesses?

13. Describe an academic experience at the Abbey which has been a highlight or turning point in your life.

14. What do you read in your free time?

15. What are your favorite books? Why are they your favorites?

16. If you could begin your St. Anselm's education again, would you do anything differently?

17. Are there any circumstances which have had a negative impact on your academic performance?

18. Do you have any goals for your senior year and beyond?

19. Identify two teachers who can comment on your character and academic growth at St. Anselm's. These individuals may be people you will want to write your recommendations for college.

Teacher _____

Course(s) _____

Teacher _____

Course(s) _____

Identify one coach, activity moderator, or employer who can comment on your character.

Name _____

Activity _____

Personal Information

20. List three adjectives you might use to describe yourself. Explain your choices briefly.

1. _____

2. _____

3. _____

21. Describe your most significant personal accomplishment.

22. What have you enjoyed most about your experience at St. Anselm's?

23. Is there anything about your family, such as your cultural background, language spoken in the home, illness, period of unemployment, etc. which has had a strong impact upon you?

College Information

24. In selecting a college, what region of the country would you prefer? Using 1 as your first choice, rank the following.

No Preference _____ Northeast _____ Midwest _____
Mid-Atlantic _____ West _____ South _____

25. What type of college location would you prefer? Using 1 as your first choice, rank the following.

No Preference _____ Urban _____
Suburban _____ Rural _____

26. Do you want to attend a college with a small, medium, or large student body? Using 1 as your first choice, rank the following.

No Preference _____ Medium (3,000-5,000) _____
Small (Under 2500) _____ Large (Over 10,000) _____

27. Do you have any family or social relationships which affect your selection of colleges or that may have an impact upon admission?

28. List any colleges you may be considering now:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

29. Do you have any specific career interests?

30. What academic areas, or possible majors, would you like to pursue?

31. Are there any extracurricular (athletic, art, music, drama, publications) or community service activities you plan to continue in college?