



# The Meadows School

## Student Self-Inventory

Identifying appropriate college “matches” for you begins with a thorough understanding of your interests, abilities, dreams, goals and reasons for attending college. Consider this assignment an opportunity for you to tell me something about yourself I might not otherwise know. Formulating thoughtful, reflective and detailed responses to questions like these will serve as the framework for future college interviews and college essays you will be asked to write. Moreover, you will be much more effective in presenting yourself to the colleges that interest you.

The *Student Self-Inventory* comprises the core from which the College Counselor supports your applications to college. *In other words, I will draw heavily from your comments in writing your letter of recommendation.* Excluding the “College Characteristics” and “Activities” pages, your responses should be four or five single-spaced, typed pages. Please complete this assignment prior to your first conference or as soon as possible thereafter. It cannot be done well at the last minute and will be returned to you if it fails to meet my expectations.

Return your completed self-inventory to me as soon as possible; keep a copy for yourself. Provide specific details and give your out-of-school activities ample attention. Do not sell yourself short! You are asked to complete this exercise on the computer and submit a hard copy to me. Save it on your computer so that you may make revisions in the future.

***TIP: I'm interested in the “how” and “why” behind your responses--not a list of what you have done.***



## SUMMARY OF ACTIVITIES

Name: \_\_\_\_\_

The Meadows School



List activities in each category *in the order of importance to you*.  
Attach additional pages if necessary.

| Significant activities that best represent my greatest achievements                   | Participation |    |    |    | Hours committed per week | Special Recognition: Positions held, awards, honors, skills acquired, etc. |
|---|---------------|----|----|----|--------------------------|--|
|   | 9             | 10 | 11 | 12 |                          |  |
| <b>SCHOOL:</b>  |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
| <b>ATHLETICS:</b> <span style="float: right;">(Indicate varsity letter earned)</span> |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
| <b>SPECIAL HONORS / AWARDS:</b>   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
| <b>COMMUNITY CONTRIBUTIONS:</b>   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
| <b>WORK, TRAVEL &amp; SUMMER ENRICHMENT:</b>  |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
| <b>HOBBIES / SPECIAL TRAINING:</b>  |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |
|   |               |    |    |    |                          |  |

**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**(Please write legibly!)**

**Activities and Interests:**

- 1) Which activity listed on your resume holds the most meaning to you and why? How have your activities demonstrated a pattern of commitment, contribution and persistence? Please be specific and provide examples.
- 2) Community Service is a required component of The Meadows curriculum, as it is at many high schools. What have you given and gained from your service project that differentiates your experience from that of others?
- 3) What interests (hobbies, activities, etc.) do you most enjoy outside the daily routine of school? Why?
- 4) Describe any summer and/or part-time jobs. Is there something unique in your job that gave you competence, a special skill or changed the ways you see the world? (This could very well be a college essay question you will soon see!)

**Goals and Values:**

- 5) Are you satisfied with your accomplishments to date? What would you like to accomplish in the years ahead?
- 6) What three things would you like to do for a lifetime career? Why do you think you would be good at them? Be specific and provide examples.
- 7) How do you respond to competition and challenge? Provide an example.

**Education:**

- 8) Looking over the past several years at The Meadows, what classroom experiences have you valued the most? Why? What teaching style or teachers has/have held the most appeal? Be specific and cite examples.
- 9) What do you choose to learn on your own? Consider interests pursued beyond class assignments: topics chosen for research papers, lab reports, independent projects, independent reading, job or volunteer work. What do your choices show about your interests and the way you like to learn?
- 10) Are your grades an accurate reflection of your abilities? If not, why?

**The World Around You:**

- 11) Evaluate a significant experience, achievement or risk you have taken, or ethical dilemma you have faced, and its impact on you.
- 12) Discuss an issue of personal, local, national, or international concern and its importance to you.
- 13) Colleges look for “diversity” in selecting its freshman class. How do you define diversity? Is there an example you can share that would illustrate how you might contribute to the diversity of your college?

**Your Personality and Relationships:**

- 14) How would your closest friend describe you? In what way is he/she similar or different from you?
- 15) In order of importance, list four qualities/characteristics you would like your colleges to know about you.

**College/University Choices:**

- 16) Please list the colleges which interest you at this time.

|       |       |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |