 **PERSONAL BRAG SHEET**

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**DR. CHARLES BEST SECONDARY SCHOOL**

**NAME:**

**EMAIL:**

List your participation in activities. Indicate the grade in which you participated, your role/ duty/ responsibility and the number of hours completed. *Please don’t double-count hours (i.e., Leadership roles and school clubs).*

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| **REASON FOR THIS BRAG SHEET (i.e., university application, reference letter for scholarships)** |
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| **PLANS FOR POST-SECONDARY** |
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| **LONG TERM GOALS (EDUCATION AND CAREER)** |
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**School Activities**

| **SCHOOL ACTIVITY** | **GRADE**  **(9-12)** | **ROLE/DUTY/RESPONSIBILITY** | **Total # of hours** |
| --- | --- | --- | --- |
| **Leadership Roles** | | | |
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| **School Volunteering *(only include not-for-credit activities)*** | | | |
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| **School Clubs** | | | |
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| **Athletics** | | | |
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| **Drama/ MUSIC/ ARTS** | | | |
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| **Academic Competitions/ Contests/ Awards won** | | | |
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**Community Activities**

| **COMMUNITY ACTIVITY** | **GRADE**  **(9-12)** | **ROLE/DUTY/RESPONSIBILITY** | **FROM**  **MM/YY** | **TO**  **MM/YY** | **Total # of hours** |
| --- | --- | --- | --- | --- | --- |
| **EMPLOYMENT** | | | | | |
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| **VOLUNTEER WORK** | | | | | |
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| **ATHLETICS/ SPORTS TEAMS** | | | |  |  |
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| **CLUBS/ ORGANIZATIONS** | | | |  |  |
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| **COMPETITIONS/ CONTESTS/ AWARDS WON** | | | |  |  |
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**Additional Information & Activities**

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| **HOBBIES/ PERSONAL INTERESTS & SPECIAL SKILLS/ TRAINING** |
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**ACCOMPLISHMENTS**

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| **List in order of importance, the three activities within the school or community that have been most important to you and state briefly why they are important:** |
| **1.** |
| **2.** |
| **3.** |
| **Give an example of how you demonstrated persistence and commitment:** |
|  |
| **Describe a challenge that you had to overcome:** |
|  |
| **Illustrate a scenario where you initiated a task / An activity and saw it to completion:** |
|  |
| **IS THERE ANYTHING YOU WOULD LIKE TO SHARE THAT COULD BE RELEVANT FOR YOUR LETTER OF REFERENCE?** |
|  |

*A fillable word document can be found on the*

***Career Centre website > Financial Aid*** *(scroll down to “related documents”).*