

Brag Sheet

NAME _____

In point form, provide as much information about yourself as possible in the following areas (include dates/years/grades where applicable):

- **Academic Achievements** - list awards, principal list/honour roll standings, Super G, competitions entered and how you placed and courses taken outside of school. Include dates or grades you were in when you received these.

- **Athletic Involvements/Achievements** - include both school and community sports. List all awards, organizing events, participation in solo and team events, provincial/national teams, MVP awards, coaching, refereeing, scorekeeping, etc.

- **Involvements/Achievements in Visual and Performing Arts** - record involvement in competitions, events and roles performed in drama, music, dance and art. Include competitions entered, awards won as well as art shows or exhibits in which you displayed your work or helped organizing.

- **School Involvement** - include membership in any school-based clubs or committees such as leadership, students' council, student aide, peer tutoring, peer counselling, school volunteer experiences.

- **Community Involvement** - list groups or clubs you are involved with outside of school. These might include: Scouts, Girl Guides, cadets, church groups, choirs, bands, interest groups.

- **Seminars/Conferences /Workshops** - list date, event, place. Include leadership conferences, Encounters with Canada, DSAC, Me to We, as well as sport workshops, theatre workshops, retreats, etc.

Certification/Training – list certificates/training such as Food Safe, First Aid, Super Host, lifeguard etc.

- **Skills** - list “I can” skills such as computer skills, languages spoken.

- **Personal Attributes** – list “I am” qualities/characteristics.

- **Interests/Hobbies** - list things you like to do (besides things already mentioned above).

- **Work experiences and employment** - starting with the most recent, list the year, name, phone number and a very brief summary of your position and duties.

- **Career Plans** - briefly describe short and long-term goals. Short-term plans are anything up to 1 year after the completion of high school; long-term plans include up to 5 years after high school. What career(s) are you planning to pursue? What are your plans in terms of post-secondary education/training?
