

**Shout Out Sheet**  
*Personal Information for a Letter of Recommendation*

*Name:*

*Date:*

Activities, sports, programs, organizations I am involved in:

I am passionate about:

Three adjectives that describe me and an example or story for each one:

Strengths, talents, or abilities I possess that I think you have been able to observe:

What sets me apart as an individual:

A personal weakness or challenge and an example of how I overcome it:

College majors or careers I am interested in and why:

Other information I'd like to share with you (accomplishments, honors, leadership positions, etc.):