



DIVISION OF NUTRITIONAL SCIENCES

College of Human Ecology | College of Agriculture and Life Sciences

SELF-EVALUATION FOR RECOMMENDATION AND/OR PERSONAL STATEMENT

NAME _____ DATE of REQUEST _____

COLLEGE _____ EXPECTED GRADUATION YEAR _____

ADDRESS *Ithaca:* _____ PHONE _____

_____ E-MAIL _____

Permanent: _____ PHONE _____

Faculty Advisor _____

GPA _____

Please include an unofficial copy of your transcript.

PROGRAMS TO WHICH YOU ARE APPLYING – Please note letter DUE DATE next to each program. Dietetic internships, graduate schools, summer internships, jobs and indicate which category. Also include area(s) of interest specific to the program.

ACTIVITIES:

1. School activities in which you have participated in a meaningful way (Secondary and College):
2. Activities outside of school (travel, work, etc.) which have been meaningful in your life:
3. Have you made any contribution to your college or community that might be considered significant?

PERSONAL CHARACTERISTICS:

1. What are the first words that come to your mind to describe yourself?



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2. What are your strengths as an individual?

3. What areas/skills would you like to develop?

*Please write an essay about yourself which would be helpful in writing a letter of recommendation or personal statement. Think about what you would include in a recommendation about yourself: your values, your commitments, the things about which you are enthusiastic, and any special talent or quality you may possess.

Please rate yourself on the following scale:

	Truly Outstanding (top2-4%)	Excellent (top 10%)	Good	Average	WHY (Give specific examples)
Academic Motivation					
Academic Creativity					
Academic Self-discipline					
Academic growth potential					



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Leadership					
Self-confidence					
Warmth of personality					
Sense of humor					
Concern for others					
Energy					
Emotional maturity					
Personal initiative					
Reaction to setbacks					
Interpersonal relations (Respect accorded by faculty, peers, coworkers)					