

LIST OF ACCOMPLISHMENTS

The goal of this document is to help your recommender learn about your strengths and write a strong letter for your admissions or scholarships.

GOAL: Receive high quality letters of recommendation by highlighting your strengths

1

Start by looking through the adjectives below and highlight at least 10 words that describe you

Achiever	Diplomatic	Innovative	Responsible	Decisive
Adaptable	Dynamic	Joyful	Resourceful	Deliberate
Adventurous	Efficient	Learner	Restorative	Dependable
Ambitious	Empathetic	Loyal	Self-Confident	Determined
Analytical	Energetic	Non-judgmental	Self-Disciplined	Diligent
Artistic	Enthusiastic	Observant	Sensitive	Honest
Brave	Focused	Optimistic	Sincere	Imaginative
Calm	Friendly	Open-minded	Straight-forward	Inclusive
Communicative	Futuristic	Organized	Strategic	Independent
Compassionate	Generous	Passionate	Supportive	Intuitive
Competitive	Gentle	Patient	Sympathetic	Proactive
Connected	Giving	Persistent	Thorough	Rational
Consistent	Grounded	Philosophical	Thoughtful	Relaxed
Creative	Hardworking	Positive	Trustworthy	Reliable
Curious	Helpful	Practical	Unique	Resilient
Decisive	Honest	Proactive	Versatile	Warmhearted

2

Look back through your activities chart and resume. Consider how the words above match with your activities.

3

Let's talk about your strengths! Create a list of 4-5 items (or more) that you can share. This list will help you for your letters of recommendation and scholarship essays.

- 1.
- 2.
- 3.
- 4.
- 5.

Example

Artistic and organized – designed, set-up, and took down decorations for Juntos Family Day event. Provided a list of materials, arrived early and stayed late to the event so decorations were ready.

Creative, helpful, and communicative – worked as a Juntos Afuera summer intern and supported students and staff in the program. I led art projects, organized supplies for many activities, and created social media posts to share with the public. This meant that I had to think ahead, plan my activities, and communicate with the leaders regarding supplies I needed. I also worked directly with the leaders to provide a student perspective so that the activities were engaging and inclusive.



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