

Name:

Date:

**SCHOOL ACTIVITIES**

List the activities you have participated in and the number of years. Write a sentence or two stating what you have gained or learned from each activity. Mention any leadership positions held, or specific contributions you made. For sports, mention any highlights that you are most proud of.

ACTIVITY:

YEARS:

Elaborate on your involvement:

ACTIVITY:

YEARS:

Elaborate on your involvement:

ACTIVITY:

YEARS:

Elaborate on your involvement:

Which activity was most important to you? Why?

## **OUTSIDE ACTIVITIES**

What do you consider your most important activities outside of school? List jobs (paid or unpaid); community service; religious activities; hobbies; travel; music, art, or drama. Include the number of years of your involvement.

ACTIVITY:

YEARS:

Elaborate on your involvement:

ACTIVITY:

YEARS:

Elaborate on your involvement:

ACTIVITY:

YEARS:

Elaborate on your involvement:

Which activity was most important to you? Why?

## **HONORS AND AWARDS**

In or out of school, which awards and honors have you received?

## **ACADEMIC PROFILE**

Describe the academic accomplishment (research paper, science experiment, artistic project) you are most proud of, and tell why you take pride in it.

What kind of learner are you? Which academic setting or assignments make you thrive?  
What interests you?

## **PERSONAL PROFILE**

List your most distinguishing or most admirable qualities. Explain each in several sentences.

What book(s) have had the greatest impact on you? Why?

Title:  
Why?

Author:

Title:  
Why?

Author:

Title:  
Why?

Author:

**WHAT DO YOU HOPE TO ACCOMPLISH IN COLLEGE AND AFTER?**

Consider your career goals and your broader goals.

How has your ISK (International School Kid) or TCK (Third Culture Kid) experience at Dalat informed or shaped your identity (e.g. critical-thinking, communication/listening well, language, collaboration, possessing insights into others - including different values and points of view - having empathy toward and being supportive of classmates, being a good critical thinker and problem solver, being able to make connections across complex ideas in class, demonstrates equality, generosity, curiosity toward the ideas of his classmates, empathy, and emotional/cultural intelligence)?

In what ways did you maximize your opportunity to attend an international school or live in a culture other than your passport culture?

How might you use elements from your intercultural experience to enhance your university experience?

Unless you are applying for a specific program/course like engineering or music that requires LORs from certain categories or elective classes, our general recommendation is that you get one LOR from a STEM teacher and one from humanities (e.g. English, Social Studies). Ideally, you want them to highlight different aspects of your studentship to impress the university. Please indicate what trait focus you would like, if possible.

**Examples include:**

English: passion for literature, participation in class, insightful points

Chemistry: attention to detail, problem-solving ability, humor

Band: coaching mentality toward younger students, hard work, positive attitude

Counselor: TCK background, school leadership, positive standing amongst faculty and classmates

Teacher #1 LOR Name/Category (e.g. Mrs. Curie or STEM):

Teacher #1 traits to emphasize (e.g. passionate, intelligent, team player, honest):

Teacher #2 LOR Name/Category (e.g. Mr. Hemingway or Humanities):

Teacher #2 traits to emphasize (e.g. passionate, intelligent, team player, honest):

Guidance Counselor topics (e.g. illness that dropped grades one semester, bouncing back from severe discipline, extensive transition creating gaps in learning):