



## Self-Reflection Sheet (SRS)

### Academic & Social Background:

- 1. What is your current GPA? What is your rank in your class?**  
你目前的成绩情况? 以及在班上的排名?
- 2. Have you ever taken a standardized test (i.e., TOEFL, SAT, ACT)?**  
请列举你参加过的标准化考试的成绩 (例如托福, SAT, ACT)。
- 3. How hard do you work in high school? Discuss any significant decrease or increase in your academic performance and why?**  
请描述一下你在高中阶段努力学习的程度? 请列举你在学习阶段出现过的成绩的巨大波动, 并解释一下原因。
- 4. Please describe the school related activities and affiliations that you have participated in (i.e., clubs, teams, service organizations, student government, etc.). If you hold/held an office or had a specific responsibility, please describe each role with the most recent first.**  
请列举你在学校里参加过的各类社团活动, 并描述一下你在里面担任的职务和负责的内容 (按时间先后顺序)。
- 5. Please describe the extracurricular activities that you have participated in (i.e., where, what, when you started, and how long). What have you learned that school couldn't have taught?**  
请列举你在校外参加过的实习工作和带薪工作, 包括地点, 具体内容, 和持续的时间。你认为学到了哪些知识和技能是在学校里学不到的?
- 6. Describe an extracurricular activity that you are most proud of, and how it illustrates your best qualities.**  
请列举一项你曾经参加过的课外活动, 并说明它是如何充分体现了你的特质。



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7. **Describe where you have travelled in the last three years.**  
请描述一下你在过去三年里面曾去过的地方。
  
8. **Discuss an example of how you have demonstrated leadership in your life.**  
请举一个事例说明你是如何将领导力运用到生活中。
  
9. **Describe the awards and honors that you have earned (i.e., where, what and why):**  
请列举你获得过的奖项，包括名称，地点，具体内容。

### **Personal Background:**

10. **Please describe your family in detail (i.e., siblings and their age, mother/father's occupation and education etc.).**  
请简单介绍一下你的家庭情况（父母的教育程度，从事的职业，兄弟姐妹的情况）。
  
11. **Choose five adjectives that best describes who you are. For each, write a sentence to explain why you chose it.**  
请列举五个最能表达你个性特征的形容词，并在每个形容词后面补充一句话说明为什么选它。
  
12. **What hobby and talents are you passionate about and why? How have you pursued this passion?**  
请列举你的兴趣爱好和特长，并解释一下你为何对其抱有热情，以及你是如何坚持的。



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**13. What do you think you are different from yourself since 9th grade to now?**

请对比一下现在的你和刚进入高中时候的你有哪些不一样的地方。

**14. Describe how much significant impact a particular event or activity has had on you in your life. How has it shaped you as a person and why?**

请描述一个你经历过的事件，并说明它对你的生活以及个人成长，和性格塑造带来的重大意义。

**15. What is your favorite quote and why?**

你最喜欢的名言是什么？为什么喜欢？

### Planning for College:

**16. When did you start thinking and planning about college?**

你从什么时候开始考虑并计划上大学这件事情的？

**17. Do you have dream colleges?**

你理想中的大学有哪（几）个？请列举。

**18. How important is it for you to attend a well-known college? Why?**

对你来说考上一个知名的大学是否非常重要？为什么？

**19. Describe your preference of a college location (i.e., region, state, city, suburb or a small town)?**

你对大学的地理位置有何要求（地区，州，城市，郊区，或小镇）？



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- 20. Do you have specific requirement of a location (i.e., warm weather, close to family, near beach, etc.)?**  
你对大学的所在地有何特殊的要求（天气，离家的距离，离海边的距离等等）？
- 21. What size of college do you prefer (i.e., a small one with 3,000 or less students, a mid-sized one with 3000-10,000 students, or a large one with more than 10,000 students)?**  
你对大学的规模有何要求（小于 3000 人的小型大学，3000-10000 人左右的中型大学，10000 人以上的大型大学）？
- 22. What size of class do you prefer (small class with a faculty to student ratio about 1:20, or large class)?**  
你对课堂的规模有何要求（师生比例在 20:1 左右，或者大课）？
- 23. Do you prefer a college with religious affiliation?**  
你是否介意大学的宗教背景？
- 24. Will education cost influence your choice of a college? Do you plan to apply for a merit-based scholarship?**  
大学的费用是否会很大程度的影响你的选择？你是否有计划申请“质优生”奖学金？
- 25. What matters to you the most as a college?**  
对你来说上大学最大的意义是什么？
- 26. Who, do you think, will influence your college decision?**  
你周围的人当中谁对你读大学的这个决定影响最大？
- 27. What kind of challenge do you expect in college?**  
你对读大学可能遇到的挑战有什么预期？



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**28. Have you ever thought about how you could contribute to your community with your major?**  
你是否思考过如果通过大学所学的知识 and 技能去服务社会?

**29. List 1-3 occupations you are considering in order of preference and explain why the occupation that interests you and you might be successful in such a field.**  
请根据你的喜爱程度列举 1—3 个你将来想从事的职业，并简单说明一下喜爱的理由以及你为什么可以胜任的原因。

**30. List 1-3 college major you are considering in order of preference?**  
请根据你的喜爱程度列举 1-3 个你将来想学习的专业。

**31. What services or support you think are crucial to you in your college admission?**  
在你升学过程中，对你来说是最有价值的信息和咨询服务是什么？