

# SENIOR BRAG SHEET

Please fill out this form as accurately and completely as possible. Don't be afraid to "brag" about yourself a little. Your counselor and teachers will use this information in recommending you for scholarships, college admission, and other honors/awards

Megan Ashley Salinas

Megan

Full legal name

Name you go by

02/06/1996

(559) 562-9519

megansalinas11@hotmail.com

Date of birth

Home phone

E-mail address

Daniel and Lisa Salinas

Name of parents you live with  Father  Step-Father  Mother  Step- Mother  Other

List siblings:

Retired – Correctional Officer

(559) 333-1020

Father's/Guardian Place of Employment

Father's/Guardians Work Phone

Name

Age

Self-Employed – The Uniform Connection

(559) 791-0932

Matthew Salinas 22

Mather's/Guardian Place of Employment

Mother's/Guardians Work Phone

We would like to know about your involvement in any of the following areas: Musical activities, literary pursuits, artistic endeavors, and/or dramatic activities. Please elaborate with a few sentences on each area relevant to you, include the years you have been involved, and indicate any plans to continue to stay involved in college.

MUSIC – Bard, Chorus, select groups, private study, instrument played, awards, etc.

LITERARY – Newspaper, Yearbook, outside submissions/ publications.

ARTISTIC – Drawing, painting, photography, sculpture, outside classes, workshops or awards. Do you have or intended to have a portfolio.

DRAMATIC – Plays, musicals, community theaters, roles played, outside study or workshops. Include any backstage crew or technical roles.

## Activities and Leadership roles beginning with 9<sup>th</sup> grade

**Clubs and organizations:** Have you had any other involvement with clubs or organizations (either in or out of school?) Please list and indicate any leadership roles.

Name of club or activity	Years/Grades involved	Leadership Role
AVID	4	Member
Key Club	3	Vice President
National Spanish Honors Society	2	Member
Cardinal Letter Club	3	Member
CSF	4	Member

What interests or activities are most important to you? What gets your full commitment or excites you the most what have you gained from these experiences?

In my life, sports are what excite me the most. Sports make me the happiest and give me the highest thrill. If I didn't have sports I really don't know what I'd do with my spare time.

Evaluate yourself as a student, taking into consideration your interests, intellectual motivation, work ethic and ability to work under pressure. Is your academic record a true indicator of your potential? Have any special circumstances affected your performance in high school?

As a student, I would consider myself a very hardworking, responsible and respectful student. I feel that my academic record is a very true indication of my potential as a student. Nothing has held me back from my motivation to succeed in school, I have always worked hard and when under pressure I have been able to complete the work needed.

**Awards and Honors:**

name or award	Reason for award	Year received
AP US History	Academic Effort	2013
Biology (P)	Academic Effort	2012
Biology Learner of the Month	Outstanding Performance	2011
World History (P)	Academic Effort	2012
English 9 (P)	Academic Effort	2011
Spanish 1 (P)	Academic Effort	2011
Academic L	Semester GPA of 3.5 and higher	2011-2013

**Athletics:**

Sport	Years/Grades involved	Position Played	Awards/recognition?
Basketball	4	Shooting Guard	Best Defensive Player (2011)
			Best Offensive Player (2012)
			Best Offensive Player (2013)
			1 <sup>st</sup> Team All-League (2011)
			2 <sup>nd</sup> Team All-League (2012)
			1 <sup>st</sup> Team All-League (2013)
			All-Tournament Team(Fowler – 2011)
All-Tournament Team(Fowler – 2013)			
All-Tournament Team(Shafter – 2013)			
Swimming	4	Anchor	
		Individual Medley	
		Breaststroke	

Do you plan on playing a sport in college? If yes, please indicate the sport and level of play you plan on pursuing.

I am planning to be a walk-on athlete for the girls' basketball team that I end up attending. If I were to make it on the team it would depend on the school's division.

**Community Service:**

Please list any work or volunteer experience you have had and its significance:

Some volunteer work I have been involved in is helping out with the Orange Blossom Committee and helping build and decorate the queen's float for the Orange Blossom Festival. I've been helping out with the committee for 3 years and running.

**Work experience:** (Past and Present)

Employer	Job Title	Your Duties	Dates
City of Lindsay	Lifeguard	Rescue inexperienced swimmer's lives	2012-2013

Additional information regarding your employment or volunteer experiences you would like to share?

My job consisted of being not only a lifeguard, but also a receptionist and building maintenance. I worked at the front desk, greet people, and make transactions. With regards to building's maintenance I cleaned and repaired machines, rooms, and anything that needed it when the time came.

Describe any outside interests, hobbies, pursuits or travel opportunities you would like to share.

Some outside hobbies that I enjoy are spending time with my friends and family. I love hanging out with my parents in our spare time. I also love playing basketball with my friends and teammates in leisure time.

Thinking back over the past 3 years, describes an experience that has interested, inspired, or excited you in some way. Tell us about this experience and its impact on you.

An experience I will never forget was my junior year basketball season. That year we were the only girls' basketball team to be Undefeated League Champs and also be the 2013 Central Section Valley Champions and also host the first ever home State Playoff Game. That year was a huge accomplishment not only for my team, but also for me. It was such an overwhelming yet exciting achievement that we had made it through.

Describe your goals and aspirations for the future.

Some goals I have for my future is to, without a doubt, attend a 4-year university and start my way to my dream to job. I aspire to become a physical therapist after college and hopefully within more years of experience I would like become the team physical therapist of a college sports team, preferably basketball.

What sets you apart from your peers who have similar grades and SAT/ACT scores? (Include any special talents, interests, strengths or passions). Keep in mind that college admission personnel must often distinguish between applicants with similar records.

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What sets me apart from other students is my ambition towards succeeding in education and sports. Other not students and I may be alike in our grades and SAT/ACT scores; however, what I feel I excel in is the drive I have to only just succeed in everything I do, but actually learn from a particular experience.

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**SAT/ACT Information**

**SAT**

Date taken: March 9, 2013 Score: Critical reading 430 Math 430 Writing 440

Date Taken: October 5, 2013 Score: Critical reading \_\_\_\_\_ Math \_\_\_\_\_ Writing \_\_\_\_\_

Have you registered for a future SAT?  Y  N Date: October 5, 2013

**ACT**

Date Taken: April 13, 2013 Score: English 21 Math 1 Reading 21 Science 14

Have you registered for a future ACT?  Y  N Date: \_\_\_\_\_

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**Plans after leaving high school:** (check only one)

College (proposed major?) Physical Therapy/ Kinesiology

List top three school you plan to apply to:

Cal Poly – San Luis Obispo

CSU: Fresno

CSU: Eastbay

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Technical school (proposed major?) \_\_\_\_\_

List top three schools you plan to apply to:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Military (which branch)

**Career Goal:** (what do you want to when “you grow up”?)

1<sup>st</sup> choice

2<sup>nd</sup> choice

3<sup>rd</sup> choice

Physical Therapy

Forensic Scientist

Chef

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What do you consider your **strongest personal asset**?

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My strongest personal asset is the perseverance I have towards accomplishing goals that I set. When I set a goal in my mind, I set every step up towards achieving that goal and don't stop until my goal is reached. The perseverance I have when I set goals doesn't change at all while I am trying to accomplish it.

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What five adjectives best describe you and explain why?

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I would describe myself as ambitious, responsible, respectful, hardworking and energetic. I would say I'm a of my description of each of these words because I have the drive to achieve my goals when I set them, I'm always on top assignments, I will always respect my elders and peers no matter the situation, I'm very hardworking with sports and academics, and finally I'm energetic with everything I do, I won't do something that doesn't make me happy.

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Is there anything else you would like for someone writing a recommendation to know about you? (Hardships you have overcome; accomplishments you're particularly proud of, etc.)

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Some accomplishments that I have overcome are taking AP classes. AP classes are exactly what it stands for, that I "Advanced Placement," and that's how it felt every time we walked into that class. It's very rewarding knowing made it through each and every class period and to know that I had passed each class, AP English Language and Composition and AP US History, one with an overall score of 3.5 and the other which I had passed with a score of 3. I feel that, that was a very huge success to make it through each of those classes, and now moving onto senior year I will be taking on 3 AP classes that I know I am prepared for because of the 2 that I took my junior year.

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