



BURNABY SOUTH "BRAG BOOK"

LAST NAME			FIRST NAME		
STUDENT #		BIRTH DATE		PHONE #	
HOME ADDRESS					
EMAIL ADDRESS				TODAY'S DATE	

Your **"Brag Book,"** or also known as your **"Personal Accomplishment Profile,"** is a way for you to highlight what your accomplishments, leadership skills and employment experiences have been through your High School years.

Your Counsellor and Teachers may have you in their caseload/classes, but they may not necessarily "KNOW" all about you outside of their office/class. This is a way for you to let your Counsellor and Teachers know all the activities that you have participated in, both in, and outside, of school.

Complete this **"Brag Book"** in full, and give it to everyone you ask for a Reference Letter (make sure to also give your **"Scholarship Resume"** to your Teachers and Counsellor along with your **"Brag Book"**)

I am applying for <i>(Ex: Name of Scholarship/Bursary, Grant, Post-Secondary Entrance, Job Application, Award)</i>
Criteria for the application <i>(Ex: what is the Scholarship/Bursary, Grant, Post-Secondary, Job asking from you)</i>
Describe yourself using only 5 positive adjectives
Have you had any opportunity to travel or live in different countries? What did you learn from that?
What are your 3 greatest strengths? Please explain in detail. <i>(Can be Academic OR Personal)</i>
1. 2. 3.

What are your 3 greatest weaknesses? Please explain in detail.
(Can be Academic OR Personal)

1.

2.

3.

What are your goals?
(Personal & Academic)

Personal:

Academic:

What is the best piece of advice you have ever received? Why?

Have you completed any Courses/Programs outside of Burnaby South? If so, what?
(Ex: Summer School, Academies, Cadets, Life Guarding, Advance Music, etc...)

Have you completed any volunteer work in the community? What has been your takeaway from this experience?

Other items worth mentioning
(Anything that you would like us to know about you)

STUDENT NAME		STUDENT #	
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Activity Record

Start with **current activities**, listing in order from **most recent** to **least recent**

School Participation		
<i>List any clubs and/or organizations in which you have participated in school. Indicate any leadership roles and the number of years you were involved</i>		
Club, Council or Organization (e.g. Interac)	Leadership Role (e.g. President or Captain, etc)	Grade Level, Dates and Hours of Involvement (e.g. Gr12, Sep2020-June2021, 65 hours)
Details:		
Details:		
Details:		
Details:		
Details:		

Activity Record

Start with **current activities**, listing in order from **most recent to least recent**

Community Participation		
<i>List any clubs and/or organizations in which you have participated in the community. Indicate any leadership roles and the number of years you were involved</i>		
Club, Council or Organization (e.g. Burnaby Neighbourhood House)	Leadership Role (e.g. President or Captain, etc)	Grade Level, Dates and Hours of Involvement (e.g. Gr12, Sep2020-June2021, 65 hours)
Details:		
Details:		
Details:		
Details:		
Details:		

SCHOLARSHIP RESUME SAMPLE

YOUR NAME

3067 Jacklin Road

Burnaby, BC, V5C 2J3

604-478-5501

yourname@hotmail.com

EDUCATION

2018 to Present Burnaby South Secondary School

2016 to 2018 Cariboo Hill Secondary School

2014 to 2016 Maywood Elementary

ACADEMIC ACHIEVEMENTS

Academic Average: 91.79% **GPA:** 3.89

GRADE 10 (Course & Final Percentage)

French 10 Honours 98%

Science 10 87%

English 10: New Media 79%

Math: Foundations & Pre-Calculus 10 82%

Social Studies 10 98%

Physical & Health Education 10 99%

Career Life Education 10 87%

Food Explorations 10 95%

GRADE 11 (Course & Final Percentage)

French 11 Honours 98%

Life Sciences 11 Honours 87%

Chemistry 11 Honours 88%

AP Physics 1 Honours 11 98%

Pre-Calculus 11 88%

English 11: Creative Writing 88%

PE: Fitness & Conditioning 11 99%

Catering 11: AM 88%

GRADE 12 (Current Courses & Current Percentages)

Law Studies 12 98%

AP Biology 12 88% (Midterm)

AP English 12 99% (Midterm)

AP Calculus BC Taking in Q2

Human Geography 12 Taking in Q2

AP Chemistry 12 Taking in Q3

AP Psychology Taking in Q3

French 12 Honours Taking in Q4

Math: Calculus 12 BC Taking in Q4

Catering 12: AM Taking all year

PE: Fitness & Conditioning 12 AM Taking all year

AWARDS & HONOURS

2020 French 11 Award of Excellence – South

2020 Principals Honour Roll (Grade 11 - Term 1, 2, 3)

2019 Passport to Education Award - Province of BC

2018 Student Citizenship Certificate

2018 Winner of Belmont's Gold Pin for Excellence

ATHLETIC ACHIEVEMENTS

- List any teams which you participated in

June 2019 BC Swimming Provincials

Jan 2019 Certified in LSS Standard First Aid

2018 Volleyball Provincial Championships

2017 Ultimate Frisbee Provincials

2016 Basketball Provincial Championships

SCHOOL INVOLVEMENT

- List any clubs, events which you participated, plus the time frame/dates involved

2020 - Present Student Government Grade 12 Exec

2019 - 2020 Student Government Grade 11 Rep

2019 - Present Robotics Club Co-Founder/President

Oct 2019 Science Fair Finalist (Grade 11 student)

2017 - 2019 Philosophy Club Co-Founder/President

2017 - 2019 Junior Toastmasters Award

2016 - 2020 Pink Week & Pink Shirt Day Organizer

CERTIFICATES & WORKSHOPS

- List any certificates you've acquired or workshops you have attended during High School
- Write a quick blurb for explanation (if necessary)

April 2020 Food Safe Certification

June 2016 Lifeguarding Certificate

Summer 2019 Toastmasters International

✧ Participated in the Youth Leadership Program

June 2019 Model UN Award: Best Delegate

SKILLS

- List any skills you want to highlight

✧ Work well with others

✧ Knowledge of Microsoft Office

✧ Exceptional organizational skills

✧ Experience with STEM in and outside of school

INTERESTS

- List any interests you have

✧ Microbiology (studying microorganisms)

✧ Playing Piano (currently in Grade 9 Piano)

✧ Videography (SFX video editing & animation)

✧ Skiing & Snowboarding (started at age 6!)

✧ Math (I teach myself math outside of school)

SCHOOL/COMMUNITY INTERESTS & ACTIVITIES

- *List what you have been involved in around the school, community, etc (include dates, time frames and specific details of what you were involved with) – remember to always list from most recent to least*

March 2020	Operation Med School Vancouver – Plenary Director <ul style="list-style-type: none">✧ Determined workshop leaders, guest speakers, student panels and case study organizers
Jan 2020 - Present	Royal Columbian Hospital <ul style="list-style-type: none">✧ Visited patients assisted with Wayfinding✧ Volunteer program paused in March 2020 due to COVID-19
2019 - Present	Student Government – Grade 11 Rep & Grade 12 Executive <ul style="list-style-type: none">✧ Hosted schoolwide events with over 1000 participants✧ Helped plan school wide events for Grade 12 students (Pumpkin Carving, Breakfast with Santa)✧ Completed 170 Volunteer Hours as of September 30, 2020
2019 - Present	Philosophy Club – President/Co-Founder <ul style="list-style-type: none">✧ Co-founded club with a fellow Grade 11✧ Discussed philosophy through different mediums (ie: famous philosophers' thoughts)✧ Completed 30 Volunteer Hours as of September 30, 2020
2018 - Present	Math Club <ul style="list-style-type: none">✧ Meet each Wednesday at lunch to discuss competition level math problems✧ Connect with Elementary Schools to provide math tutoring after schools on Mondays & Thursdays✧ Completed 60 Volunteer Hours as of September 30, 2020
2018 - Present	Burnaby Neighborhood House – Food Hub <ul style="list-style-type: none">✧ Assisted in unloading, sorting, packaging and distributing food to families in need✧ Worked in a group of 15 volunteers✧ Completed 130 Volunteer Hours as of September 30, 2020
Summer 2018	SFU Summer Camps <ul style="list-style-type: none">✧ Worked with elementary school kids leading activities and mediating disputes between campers✧ Developed leadership and conflict resolution skills✧ Completed 84 Volunteer Hours

WORK EXPERIENCE

- *List any paid work experience from Summer, Christmas, Part-Time Jobs – remember to list most recent to oldest*

June 2020 - Present	Canadian Tire – Customer Service Rep <ul style="list-style-type: none">✧ Complete sale transactions and cash balancing before and at the end of each shift✧ Restock shelves with inventory from backroom✧ Greet and assist customers with requests regarding store inventory
2016 – Present	Burnaby Swim Club – Swim Instructor <ul style="list-style-type: none">✧ Teach children aged 5 to 16 how to swim✧ Hosted and attend mandatory meetings✧ Collaborate with other instructors regarding current and future lessons and activities

CAREER PLANS

- *In a couple of sentences, discuss what your intended career goals are*
- *Keep it concise, but with enough detail to allow the reader to see that you have some sort of a plan*

My hope is to attend a large sized university with a strong science and engineering program, that will help prepare me for scientific research or a career for developing revolutionary technology in a large company. After some time, I aspire to be a professor (after earning my Ph.D), as I really enjoy teaching and working with others.



SCHOOL COUNSELLOR LETTERS OF REFERENCE

I am more than happy to write a letter of reference for you if you give me adequate time and information.

In order to provide you the BEST and most complete reference letter, I need to understand how you engage in both academic and non-academic settings over your entire high school experience.

Please complete the following questions about your academic character, your personal qualities and what impacts you've had outside of the classroom. Please return this to me at least **3 weeks** before your due date.

Counsellor Name		Date Reference Letter is Needed By	
Student Last Name		Student First Name	
Title of Scholarship/Program/Job You are Applying To			

THE BASICS

What excites you about going to Post-Secondary?

What would you consider your most outstanding accomplishment so far (academic or personal?)

Are there any challenges you faced as a student (in class, out of class, etc)? How did you overcome them?

ACADEMIC QUALITIES

What subjects are/were you most interested in? Why?

Which class has had the biggest impact on you? Why?

What type of environment do you thrive in (collaborative, hands-on, discussion, independent, etc)? Why?

PERSONAL QUALITIES

Briefly describe the leadership role (formal or informal) that has been most important to you?

In what activities outside the classroom do you feel like you've had the biggest impact? How? Which have had the biggest impact on you?

Are there any special or unusual circumstances you've experienced (that you'd like to share) or is there anything that needs more clarification?



TEACHER LETTERS OF REFERENCE

I am more than happy to provide a letter of reference for you if you give me adequate time and information to write the letter.

In order to provide you the BEST and most complete reference letter, I need to know what you are like in an academic setting, what drives you and what you're passionate about.

Please complete the following questions about your academic character and personal qualities, and return this form to me at least **3 weeks** before you require your letter to be completed

Teacher's Name		Date Reference Letter is Needed By	
Student Last Name		Student First Name	
Title of Scholarship/Program/Job You are Applying To			

THE BASICS

What class(es) have you taken with me?

What excites you about going to Post-Secondary?

What are you most proud of from my class(es)?

ACADEMIC QUALITIES

What topics were you most interested in? Why?

What assignments did you enjoy the most in my class, or found the most impactful to you? Why?

What type of environment do you thrive in (collaborative, hands-on, discussion, independent, etc)? Why?

PERSONAL QUALITIES

Did you learn anything in my class(es) that you applied or connected to other classes or experiences?

Could you share an example of a time in the course where you faced a challenge? How did you overcome it?

Could you share an example of a time you worked collaboratively in the class and/or learned from others?



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**Graduation Requirement Checklist**

STUDENT NAME		STUDENT #			
Course Name	Credit	In Progress	Completed & Passed	Final LG	
GRADE 10 REQUIREMENTS (24 Credits)					
English - Fulfilled by completing 1 of the following: * Composition Honours * Creative Writing * First Peoples * Spoken Language * New Media * Language Adapted Composition	4				
Social Studies	4				
Science	4				
Math - Fulfilled by completing 1 of the following: * Math: Foundations and Pre-Calculus * Math: Workplace	4				
Physical Education	4				
Career Life Education	4				
GRADE 11 REQUIREMENTS (16 Credits)					
English - Fulfilled by completing 1 of the following: * Composition * Creative Writing * First Peoples * Spoken Language * New Media * Literary Studies Honours	4				
Social Studies - Fulfilled by completing 1 of the following: * SS 11 Explorations * 20 th Century World History * BC First Peoples 12 * Human Geography 12 * Physical Geography 12 * Social Justice 12	4				
Science - Fulfilled by completing 1 of the following: * Biology / Life Sciences * Chemistry * Earth Science * Physics	4				
Math - Fulfilled by completing 1 of the following: * Math: Pre-Calculus * Math: Foundations * Math: Workplace	4				
Career Life Connections 11	2				
GRADE 12 REQUIREMENTS (20 Credits)					
English Studies <u>OR</u> English First Peoples	4				
Career Life Connections 12 + Work Experience	2				
Grade 12 Elective:	4				
Grade 12 Elective:	4				
Grade 12 Elective:	4				
ART/APPLIED DESIGN/TECHNOLOGY REQUIREMENT (4 Credits)					
Grade 10/11/12 Elective:	4				
ADDITIONAL ELECTIVE CREDITS (16 Credits)					
Grade 10/11/12 Elective:	4				
Grade 10/11/12 Elective:	4				
Grade 10/11/12 Elective:	4				
Grade 10/11/12 Elective:	4				
PROVINCIAL ASSESSMENT EXAMS					
Graduation Numeracy 10 Assessment	Written				
Graduation Literacy 10 Assessment	Written				
Graduation Literacy 12 Assessment	Written				



STUDENT/COUNSELLOR CHECK-IN

LAST NAME		FIRST NAME	
STUDENT #		TODAY'S DATE	
STUDENT'S COUNSELLOR			

Once you have fully completed your **“Brag Book,”** or also known as your **“Personal Accomplishment Profile,”** please make an appointment with your Counsellor to discuss all that you have accomplished during your High School years, as well as what you are thinking about doing after High School.

This appointment should take no longer than 10-15min with your Counsellor, as it is a chance for you to have a conversation with your Counsellor about where you see yourself post Grade 12. It also allows for your Counsellor to address any concerns regarding Post-Secondary plans/requirements or Graduation concerns.

FYI - Do NOT wait until the week your “Brag Book” is due to Mr. Kwan to make an appointment with your Counsellor, please give them enough notice to schedule an appointment with you.

In case you have forgotten who your Counsellor is, please see the breakdown below:

Mr. Chow (Colin.Chow@burnabyschools.ca)

- Students with the Last Names: A to De

Ms. Chun (Sandra.Chun@burnabyschools.ca)

- Students with the Last Names: Dh to He & BRIDGE

Ms. Gill (Rani.Gill@burnabyschools.ca)

- Students with the Last Names: Hi to Mc

Ms. Siska (Roze.Siska@burnabyschools.ca)

- Students with the Last Names: Me to Sh

Ms. Fenn (Jacqui.Fenn@burnabyschools.ca)

- Students with the Last Names: Si to Z & YPP

STUDENT'S SIGNATURE	
COUNSELLOR'S SIGNATURE	
COMMENTS	

**HAND YOUR FULLY COMPLETED “BRAG BOOK”
TO MR. KWAN IN CAREER PREP IN STUDENT SERVICES**