

LETTER OF RECOMMENDATION FORM

WILLIAMS FIELD HIGH SCHOOL

This form is to be completed by you, the student, and given to the counselor or teacher with whom you are requesting a recommendation. Please fill it out as thoroughly as possible so your counselor or teacher may write the best possible letter for you. It is recommended you make a copy for yourself to keep for your personal records. Please allow your teacher or counselor two-weeks to prepare your letter of recommendation.

NAME: Casey Quadros

STUDENT ID: 53979

DATE: 10-21-2021

POST-SECONDARY PLANS

☒ 4-Year College/University ☐ 2-Year College ☐ Military: Branch _____
☐ Employment ☐ Career and Technical Training
☐ Other: Please indicate _____

List FIVE adjectives that best describe you as a person.

1. Open-minded 2. Passionate 3. Creative 4. Considerate 5. Dependable

Please cite one example of situation/experience of a commendable quality that you demonstrated in one of your classes or in an activity. (For example: creativity, motivation, leadership, responsibility, sense of humor, maturity, work habits, etc.)

For a project in my English class, we had to make something that represented us as a person and what our "green light" was. I decided to take it to the next level and paint a picture of a galaxy and add styrofoam stars and connect them to make it seem like they were floating. I took this project as an opportunity to express my creativity and love for astronomy.

What do you see as your primary strength(s), and how has it helped you in life?

I see passion as my primary strength because it motivates me to push forward with the things I care about most. It's what allows me to have goals and pursue them. Without passion for something, I would not have been able to accomplish many of the things I have done so far, and I wouldn't have found my interests.

What do you consider to be your academic strengths?

Problem-solving and Visualization are big with me. When working on a project or any assignment, I try to visualize the turnout of the work, so it looks neat and well prepared. Even with word problems or math problems, I like to see what the problems look like or try to write them out. I love problem-solving because it puts me in a mindset where I have to think outside the box in some cases. In addition, it puts me in situations where I have to explore ways to solve a problem and use my knowledge of subjects to good use.

List your areas of academic weakness or areas where you might need help.

I am not excellent with group projects because I am very precise about the work. I also get worried about team members not working or cooperating with the rest of the group. So, though I am not fond of group projects, I still involve everyone, so we each have a job, and not one person is working.

What do you consider to be strong points in your personality?

Self-awareness along with focus. Before I do something, I like being self-aware of what I am doing or how I will be perceived; I know when I don't like something or react to things. Knowing this, I can control what I do or should do to get out of the situation. With school or personal life, I like to focus on things and listen.

Do you possess a special talent or quality that I should know about you when I write for you?

I am an artistic person. I like to paint in my free time, and I usually implement that into my school projects. I enjoy being creative to express my work or the things I like.

If your teacher/counselor were to meet 1,000 seniors, how would he/she remember you (what distinguishes you from other students)?

I went to Spain with the school as an educational trip with people I didn't know other than my teacher. We traveled across Northern Spain and visited famous castles, Cathedrals, museums, etc.

What is something you consider to be your most proud accomplishment, and why?

I have maintained a 4.0 GPA for the past year and a half, which was my goal. I always struggled with keeping up my grades or having self-esteem about my intelligence, so I made it a goal to keep straight A's and figure out a career I wanted to pursue for my junior and senior years.

What else would you like to be included in your letter of recommendation (what should be emphasized)?

National Society of High School Scholars (NSHSS) invited me to become a community member for my grades and academic performance. I took advantage of the events and information they provided to prepare for applying and understanding colleges.

Please list extracurricular activities you have participated in high school.

Activity Roles	Years Involved				Leadership
1. Robotics	9	10	11	12	1. Software Development
2. Unified Sports	9	10	11	12	2. Team player
3. Girl Up Club	9	10	11	12	3. Member/assistance in club activities or volunteering
4.	9	10	11	12	4.
5.	9	10	11	12	5.

Please list community service (volunteer) activities in high school.

Activity Roles	Years Involved				Leadership
1. Canned Food Drive (Stuff the Bus)	9	10	11	12	1. Helped donate food to the food bank
2.	9	10	11	12	2.
3.	9	10	11	12	3.
4.	9	10	11	12	4.
5.	9	10	11	12	5.

Which activity was most important to you? Why?

Robotics because I learned more about programming, engineering, and how to work together in a workspace environment. I am a timid person, so this club taught me to be forward and communicate with others to get things done.

Please list employment in high school.

Activity Roles	Years Involved				Leadership
1.	9	10	11	12	1.
2.	9	10	11	12	2.
3.	9	10	11	12	3.

Please list any honors or awards you have received during high school.

Explain a situation where you overcame a challenge.

Moving to Arizona from Tennessee a few months before entering high school was a massive transition in my life. I lived in TN for about seven years, so it was hard to move across the country and make new friends in an entirely different environment. When I first moved to Arizona, I struggled to make new friends since everyone had their cliques. Going into high school alone was difficult, especially since I had planned on going into high school with my friends in Tennessee. Though it wasn't a great situation, I knew I had to do something to get involved. So I joined Unified sports and started talking to more people in my classes. I even went as far as going to Spain and made more friends and memories there. I'm grateful moving put me in a lonesome situation because it motivated me to gain the courage to talk to others or get involved in school.

What are your present career/college major goals and why?

I want to major in science such as Astronomy, Astrophysics, Engineering Physics, and mathematics. All of the subjects connect to my main interest, Astronomy or Astronautical Engineering. However, I have always loved the sciences and math because they are the fundamentals of everything surrounding us. I want to expand on the use of these principles to explore space or work on future technologies.

What do you hope to accomplish in college and after? Consider your career goals and your broader goals.

I hope to land a job doing what I love and further my career in that subject throughout the years. During and past college, I want to grow as a person and promote my values, not to change me but to enhance and accept who I am.

Please expand on your abilities, accomplishments and character in the space below. (Consider adding anything that is extraordinary or unique about yourself that you would also like me to know about.)

I love making presentations or anything look visually appealing. So when it comes to projects and having to present information, I always make sure I make the display look clean and distinctive. I also work hard on visualization because I like to keep things organized.

Organization is also a significant quality of mine because it allows me to keep my life in order, especially when things get tuff.

I have a great memory that has helped me a lot with school and personal matters. When it comes to understanding concepts, I can memorize a lot and use that to comprehend further on subjects.

Please explain how you have made an impact either in the school (WFHS) and/or community.

I joined Unified Sports to help special needs kids play flag football. We were able to support them and be there for them so they had the chance to play while they might not have on a virtual team.

I was part of the class for Stuff the Bus that went to the food bank and unloaded the cans to donate to the food bank.

Please describe what you believe is YOUR greatest quality and why. (Think about why your fellow classmates and teachers enjoy having you in class, as a friend, etc...)

In a classroom setting, I am cooperative, I help people when they are stuck, and if I need help, I'll ask the teacher questions or work with other students in my group to figure out the problem.

In a personal setting, I have a high sensitivity. I am very in touch with my emotions and love helping my friends with problems or listening to others about personal matters.