

East Brunswick High School Brag Sheet

Name: Tsoukalas Nicholas Cesar
(Last) (First) (Middle)

Date Submitted: 5-31-22

Do not be overly specific (Unless Necessary), but have enough detail so that the reader is not guessing or assuming

School Club/Outside Organization Participation

[illegible]

Name: **Nicholas Tsoukalas**

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Sports/Activities Participation

Grade/Year	Sport/Activity	Position/Title	Average Hours per week
10th-12th or 9th-11th	JV Soccer	Starting Right Midfield	15
9th	Spring Track	Sprinter	5
4th-Present	Taekwondo	2nd Degree Senior Black Belt	1.5

Community Service Participation

Grade/Year	Service Activity	Position/Title	Responsibilities	Total Hours	What did you gain from the experience?
10th-12th or 9th-11th	Teen Library Connections	Volunteer	Assisting children with activities, working with librarians, and supporting numerous programs	2	Community, social responsibility
9th	Assisting Kids w/ Taekwondo	Assistant Instructor	Helping the head instructor manage class and teach kids	60	Leadership Skills, Creativity

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Employment

Grade/Year	Employer	Position/Title	Average Hours per week	Responsibilities
11th Grade/2004	Chipotle	Cashier	6	Took money from customers; sometimes helped with the prep line
10th-11th Grade/2021-2022	Fastkix Taekwondo	Instructor	8	Cleaning before classes, then helping teach/leading classes

Honors/Awards

Grade/Year	Description of Honor/Award/Recognition
11th Grade/2008	2nd Place Overall for High School Region Orchestra
9th Grade/2019-2020	Honor Roll (All Quarters)
11th Grade/2022	Silver Honor Roll (3rd Quarter)

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Research/Internship/Enrichment

Grade/Year	Service Activity	Position/Title	Responsibilities	Average Hours per week	What did you gain from the experience?
11th/1996	BioTech Inc.	Summer Intern	Worked on robotics in a group setting to construct various applications for patent	15	Teamwork, collaboration, time management

Travel

Grade/Year	Location	Visited Cities	Visited Landmarks
9th/2000	England	London	Big Ben, Buckingham Palace

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Hobbies/Skills

How long?	Hobby/Skill
<i>10 years</i>	<i>piano</i>
11 years	video games
5 years	drawing

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patient quiet sweet
List 3 adjectives to describe yourself: _____, _____, _____

art
What are you considering for a college major? _____

Do you have any leadership experience? (within a club, a sport, a job, volunteering, tutoring)

I have leadership experience from teaching taekwondo.

What are your personal goals?

-get to a point where I'm happy with my art
-get closer to my friends
-get to a point where my friends and I can be happy

Are you a first generation college student? No ☐ Yes ☒

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Other than English, what other language(s) are you fluent in? none

What are your proudest accomplishments academically?

I guess I'm just happy I can perform decently well in several honors classes and usually don't struggle with school.

What are your proudest accomplishments personally?

I'm glad I can be a person my friends can rely on and enjoy being around.

In what areas have you shown the most development and growth during the past 3 or 4 years?

My art has significantly grown in the past 3-4 years. My ability to socialize and talk to people has also grown, even if I'm still not the best at it.

Are there any unusual or personal circumstances which have affected your educational experience or personal life?

Due to personal things from my childhood I sometimes find it hard to focus/do just about anything, wether I'm actually interested in it or not. I have friends though that help me keep afloat and ultimately help me get more done.

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Is your academic record an accurate measure of your ability and potential? Explain.

I think my academic record is a mostly accurate measurement of my ability/potential. It shows I can perform decently well in most fields, but I always have more potential in fields I'm actually interested in.

What personality traits do you possess which make you outstanding? (i.e. perseverance, independence, patience, etc.) Explain.

My patience is one of my better personality traits. For most people, especially my friends, I can always be patient for whatever reason with them. I'm also patient when it comes to teaching people things, especially with kids. I also consider myself to be very kind/sympathetic, even if I poke fun at my friends sometimes. If a friend needs someone to just rant to or needs something sudden I try to do everything in my power to help.

What is your greatest strength and how have you used it?

I feel my greatest strength is synonymous with my better personality traits. My best friend doesn't have the best living situation for a multitude of reasons, and often finds himself down or demotivated. While I can't do as much as I'd like - or much at all sometimes really - I know I've made positive change in him, and hope I can continue doing so for him and anyone else who needs it as time goes on.

To Be Completed by Parent/Guardian:

Please provide any additional information you feel is relevant regarding your child (extenuating circumstances, family situations, obstacles overcome, etc.).

Nicholas has performed very well academically as an East Brunswick student. Each year, he has shown significant growth, overcoming obstacles of shyness, confidence and even low self-esteem at times. I believe his work ethic is very strong. He has the ability to absorb material and learn quickly. He cares about his academic performance and has always put in extra time for homework, projects and studying for exams. I believe the diligent work he has put into his academics and ensuing results have helped to quell his aforementioned challenges. He gives himself less credit than he deserves, but the results he has achieved speak for themselves.

In addition to his personal academics, Nicholas is a go-to at home when his younger siblings need some tutoring or support with math and other homework. It has been a tremendous help to us all.

In closing, I believe Nicholas has natural leadership ability and I look forward to seeing him continue to develop and hone his skills as he continues his future education.



Student Signature



Parent Signature