

# FRESHMAN PROFILE FORM

- Student: \_\_\_\_\_
- Major: \_\_\_\_\_ ● Graduation year: \_\_\_\_\_
- Contact phone number: \_\_\_\_\_
- Email: \_\_\_\_\_ @seattleu.edu
- Current residence:  Res hall     Off campus
- Hometown/state: \_\_\_\_\_
- Citizen of: \_\_\_\_\_
- Blog or personal website address (optional): \_\_\_\_\_

## Personal Snapshot (all optional; in 3 words or less)

Me in 3 adjectives: \_\_\_\_\_

Pastimes: \_\_\_\_\_

Interests: \_\_\_\_\_

Passionate for: \_\_\_\_\_

Passionate against: \_\_\_\_\_

Academic areas of interest: \_\_\_\_\_

## College Expectations - In addition to receiving a degree, I have come to Seattle University to: (check all that apply)

- \_\_\_ participate in organizations and activities on campus
- \_\_\_ meet people, enjoy myself
- \_\_\_ pursue scholarly activities and intellectual development
- \_\_\_ define and prepare for a career or vocation
- \_\_\_ continue to mature and prepare for adulthood
- \_\_\_ be in a place where I can express my individuality
- \_\_\_ discover and developing my own talents
- \_\_\_ other \_\_\_\_\_

## Personal Factors that complement, challenge and/or compete with my college planning & goals:

- \_\_\_ Athlete - sport \_\_\_\_\_
- \_\_\_ International student
- \_\_\_ Have international experience
- \_\_\_ Have leadership experience
- \_\_\_ Have service experience
- \_\_\_ Employed     part-time     full time
- \_\_\_ Family obligations
- \_\_\_ Health related issues
- \_\_\_ Music/other lessons
- \_\_\_ English is my second language
- \_\_\_ Other \_\_\_\_\_

## Resources and opportunities I would like to know more about:

### ACADEMIC PLANS & GOALS:

I would like to find out about the following opportunities in my major:

- |   |  |
|---|--|
| <input type="checkbox"/> Academic Clubs & Organizations | <input type="checkbox"/> Internship Opportunities  |
| <input type="checkbox"/> Career Opportunities           | <input type="checkbox"/> Research Opportunities    |
| <input type="checkbox"/> Education Abroad opportunities | <input type="checkbox"/> Graduate Study            |
| <input type="checkbox"/> Complementary majors & minors  | <input type="checkbox"/> Post Graduate Fellowships |

### SUPPORT NETWORK:

I would like to meet campus professionals to learn more about:

- |  |  |
|--|--|
| <input type="checkbox"/> Multicultural student services      | <input type="checkbox"/> Transfer Student Services         |
| <input type="checkbox"/> GLBTQ student services              | <input type="checkbox"/> Campus Ministry                   |
| <input type="checkbox"/> Counseling & Psychological Services | <input type="checkbox"/> First-Generation student services |
| <input type="checkbox"/> Commuter Student Services           | <input type="checkbox"/> Nontraditional student services   |
| <input type="checkbox"/> Tutoring opportunities              | <input type="checkbox"/> Health & wellness                 |
| <input type="checkbox"/> Disability Services                 | <input type="checkbox"/> Beginning career planning         |

### EXTRA-CURRICULAR OPPORTUNITIES:

I am interested in learning more about the following opportunities:

- |  |   |
|--|---|
| <input type="checkbox"/> Community service         | <input type="checkbox"/> Leadership development |
| <input type="checkbox"/> International experiences | <input type="checkbox"/> Other _____            |
| <input type="checkbox"/> Job related opportunities |   |

## I want to strengthen my skills in:

- Preparing for & taking tests
- Skill-building in other languages
- Optimizing learning styles
- College level reading strategies
- Academic writing
- Effective note taking
- Understanding lectures
- Math skills
- Presentations & public speaking
- Study strategies
- Organization & time management
- Communication with teachers
- Interpersonal communication
- Working in groups
- Research skills
- Language skill-building in English

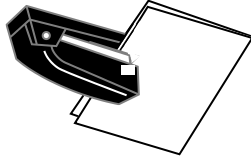
What is a Profile Form for? Completing and sending this Form to your Advisor can be the first important transaction you have with your Advisor. By providing some important facts about yourself in advance, the two of you can focus in on what is most relevant to you and make maximum use of your first meeting together.

**Take 5 minutes right now!** Enter the information you want to share, write in your advisors name and the name of your major department on the back and put it in campus mail at the Front Desk at any Res Hall. Desk attendants will be happy to staple it closed and put in campus mail for you. Better yet, find out where your department office is located and drop it off in person!



Attention! Students in the Premajor Studies Program or majors in Business: this form is optional; you will receive a "Student Profile" form at your program orientation

Campus Mail Boxes and  
staplers are located at the  
Front Desk at each Res Hall



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**From your Advisee:**

\_\_\_\_\_

Student Name

\_\_\_\_\_

Advisor Name

\_\_\_\_\_

Major Department

# Campus Mail