

**SONOMA STATE UNIVERSITY  
UPWARD BOUND PROGRAMS  
TEACHER RECOMMENDATION FORM**

Student's Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

**BEFORE YOU START:**

This form can be completed and submitted online via our [web form](#)

**OR**

once you have completed and signed this form you can email it to [upwardbound@sonoma.edu](mailto:upwardbound@sonoma.edu).

**TO THE RECOMMENDER:**

- Upward Bound is designed to assist students in preparing for and enrolling in the four-year college/university of their choice. Students who show potential, but need motivation and/or academic assistance in order to succeed in college may be nominated.
- This Recommendation Form is very important in the evaluation and selection of students.
- Please be as specific as possible in your remarks.
- Recommendation Forms can be returned to the student or returned directly to our office.
- Application Deadline: **January 31st**

Recommender's Name: \_\_\_\_\_  Math  Science

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_  English  History  AVID

1. How long have you known the applicant? \_\_\_\_\_

Under what circumstances? \_\_\_\_\_

2. Based on your knowledge of the applicant, please rate their academic skills or performance:

	Outstanding	Above Average	Average	Below Average	N/A
a) Academic Achievement/Grades					
b) Writing Skills					
c) Reading Skills					
d) Math Skills					

3. Based on your knowledge of the applicant, please rate their characteristics, motivation, and potential:

	Strongly Agree	Agree	Slightly Agree	Disagree	N/A
a) Has positive self-image					
b) Demonstrates leadership capability					
c) Self-starter, has intellectual curiosity					
d) Is highly motivated					
e) Handles frustrating or disappointing experiences well					
f) Has potential for academic growth					

4. What qualities best describe the applicant?

5. Upward Bound Programs is a huge commitment in terms of both time and academic dedication. Are you aware of any current circumstances or problems that may affect the applicant's commitment and/or performance in the Program (e.g., family responsibilities, educational preparation, health or emotional aspects, etc.)?

6. What is your assessment of the applicant's potential and motivation to succeed? What is your evaluation of the applicant's capability for undertaking college preparatory high school work?

7. School/Class Attendance:  Excellent  Good  Fair  Poor

8. Recommendation level for this applicant to be admitted to the Upward Bound Program:  
 Strongly Recommend  Recommend  Recommend with Reservation  Do not Recommend

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

***Please return to the applicant or return directly to the Upward Bound office:***

**Sonoma State University Pre-Collegiate Programs**

**1801 E. Cotati Avenue**

**Rohnert Park, CA 94928-3609**

**Sonoma/Napa schools: (707) 664-3273 ♦ Piner High: (707) 664-2359**

**Email: [upwardbound@sonoma.edu](mailto:upwardbound@sonoma.edu)**