Letters of Recommendation

• Timeline
• Requirements
• Who to ask
• How to ask
• How to Collect
Quick Activity

Turn to a partner. Write down three competencies that you think the medical schools/AAMC want to assess from LOR.
AAMC LOR Competencies

Service Orientation
Social Skills
Cultural Competence
Teamwork
Oral Communication
Ethical Responsibility
Reliability and Dependability

Resilience & Adaptability
Capacity for Improvement
Critical Thinking
Quantitative Reasoning
Scientific Inquiry
Written Communication
Science Competency
Timeline

• Ask anytime, but by March
• May: Application Opens
• June: Application is being verified
• July: Secondaries Complete
Requirements

• Varies by medical school
  • Two Science Faculty
  • Non-Science Faculty
  • Non-Academic

AMCAS allows up to 10 LOR.
<table>
<thead>
<tr>
<th>Name of School</th>
<th>LOR Requirement</th>
<th>Outstanding Pre-Reqs</th>
<th>Curriculum Model</th>
<th>Location Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>UC Davis</td>
<td>3 Min LOR (ANY)</td>
<td>None</td>
<td>Traditional</td>
<td>Urban-ish</td>
</tr>
<tr>
<td>Northwestern</td>
<td>2 Science, 1 non-science</td>
<td>Bioethics</td>
<td>Hybrid</td>
<td>Urban (no cars)</td>
</tr>
<tr>
<td>NYU</td>
<td>1 science, 1 non-science, 1 non-academic</td>
<td>Anatomy</td>
<td>3 year or Traditional</td>
<td>Urban (no cars)</td>
</tr>
<tr>
<td>Hofstra</td>
<td>2 Science, 1 anyone</td>
<td>None</td>
<td>PBL, Early Clinical Experiences</td>
<td>Suburban (car required)</td>
</tr>
<tr>
<td>Rush</td>
<td>4 max (Any)</td>
<td>1 Quarter English</td>
<td>Traditional</td>
<td>Rural</td>
</tr>
<tr>
<td>William Beaumont</td>
<td>3 Max (Any)</td>
<td>None</td>
<td>Traditional</td>
<td>Suburban</td>
</tr>
</tbody>
</table>
Requirements Cont.

• ALL letters need to be signed and on official letterhead.
• Committee Letters
Who to Ask

• Community College OK?
• TAs?
• Science vs. Social Science
How to Ask

• When the time is right.
• In Person vs Email

• Offer a Packet of Information:
  • Transcripts
  • Resume
  • Personal Statement
  • Summary of Interactions
  • Directions
LOR Directions

I) Purpose:
A positive statement of support from Dr. Professor that will persuade admission committees to accept Your Name into their medical schools.

II) Classes I took with you and the grade I earned:
MIC 105: A
MIC 105L: A+

III) Why I carefully selected you to recommend me:
I greatly enjoyed MIC 105 and MIC 105L because the content was up-to-date, well-organized yet flexible, and focused on critical-thinking and problem solving.
It is clear that you are devoted to nurturing minds through hours of upholding office hours, redesigning the course, and preparing lab materials to enhance our education.
I trust you to promote my academic competencies and aptitude as well as personality characteristics (e.g. motivation, communication, and diligence) that will contribute to my potential to succeed in medical school.

IV) Final notes:
I will contact you some time during the week of Tuesday, May 26th, as a friendly reminder that I will submit your information into the AMCAS system soon.
Attached are other documents that provide other information about me. If you ever need additional copies or have any questions, please contact me at student@ucdavis.edu or (123) 456-2732. I am so grateful to you for doing me this favor.
LOR Directions

Dear Dr. Professor:

I sincerely appreciate your offer in writing a letter of recommendation for me. When the AMCAS application opens up electronically on Monday, June 1st, I will enter your information into the system and you should get an email to submit the LOR.

You can submit the LOR as an online electronic document.

On the application, I will select to waive my right to read the LOR that you write.

Please:
- use an official UC Davis letter head
- sign and date the LOR
- include your complete name and title in your signature
AAMC Tips for Letter Writers

1. Provide an accurate assessment of the applicant’s suitability for medical school rather than advocate for the applicant.

2. Briefly explain your relationship with the applicant:
   • How long you have known the applicant;
   • In what capacity you have interacted (e.g., faculty, pre-medical advisor, supervisor, etc.); and
   • Whether you are writing based on direct or indirect observations.

3. Quality is more important than letter length. Focus on the applicant rather than details about the lab, course, assignment, job, or institution.

4. Only include information on grades, GPA, or MCAT scores if you are providing context to help interpret them. Grades, GPA, and MCAT scores are available within the application.

5. Focus on behaviors that you have observed directly when describing applicants’ suitability for medical school. Consider describing:
   • The situation or context of the behavior
   • The actual behavior(s) you observed
   • Any consequences of that behavior

6. Admissions committees find comparison information helpful. If you make comparisons, be sure to provide context. Include information about:
   • The comparison group (e.g., students in a class you taught, students in your department, co-workers, etc.)
   • Your rationale for the final comparison

https://www.aamc.org/initiatives/admissionsinitiative/letters/
AAMC Tips for Letter Writers

A. Unique Contributions to the Incoming Class
Describe obstacles that the applicant had to overcome, and if applicable, how those obstacles led to new learning and growth

Explain how the applicant may contribute to a medical school’s diversity, broadly defined (e.g., background, attributes, experiences, etc.)

Note: If you write about any information that could be considered potentially sensitive, confirm with the applicant that s/he is comfortable with the inclusion of that information.

https://www.aamc.org/initiatives/admissionsinitiative/letters/
How to Collect

• Interfolio vs Application
• Never in person.

What do you do if you are asked to write your own LOR?
Section 6: Letters of Evaluation

- Evaluation=Recommendation
- Letter Services & Schools
- Letter Request Form
- Submitting before LOE are received
- WAIVE YOUR RIGHTS
- Committee Packets: We don’t do
- Know your schools’ requirements
- May submit up to ten letters, but you DON’T NEED TO
- Choosing Medical Schools to Release
Questions?