Asking For & Collecting LOR

Joanne Snapp, Director of Health Professions Advising
Letters of Recommendation

• Timeline
• Requirements
• Who to ask
• How to ask
• How to Collect
What do you think med schools want the letter writers to say about you?
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
Requirements

- Varies by school
  - Two Science Faculty (Major or Basic)
  - Non-Science Faculty
  - Non-Academic (Health Professional)

AMCAS allows up to 10 LOR.

Can assign specific letters to schools.
Who to Ask?

• Community College OK?
• TAs?
• Science vs. Social Science?
• Someone Left UC Davis?
<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>
PAY ATTENTION!

• ALL letters need to be signed and on official letterhead.
• NO medical school REQUIRES a committee letter.
• UCD does not offer a committee letter.
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
Dear Dr. Professor:

I don't know if you remember me, but I was in your Physics 7B and 7C course. We spoke a few times after class and during office hours. (I was the snowboarder on crutches for awhile!). I really enjoyed your class because it was the first time I got to think and apply science in a real way.

I ended up earning Bs in both of your classes, but that's not an indication of a lack of interest. Actually, I worked very hard to earn those grades. I worked closely with your TA Jessica, who was such a great help. She witnessed a lot of my growth that quarter. I spent many hours in tutoring, DL and studying in groups, but it was all worth it!

I'm writing to ask if you might consider writing a letter of recommendation for my application to medical school this summer. I think that based on our interactions, you would be the best professor to comment on my ability to persist with difficult material. I also worked very closely with your TA, Ashley, and she mentioned several times that I am a strong problem-solver.

If you are able to do this, you would upload the letter in June when I submit my AMCAS application. I have attached my resume, transcripts and personal statement for your review. I know you are very busy, so I really appreciate your consideration. I look forward to hearing back from you!

Sincerely,

Very Gracious Student
How to Collect

• Interfolio vs Application
• Never in person.

What do you do if you are asked to write your own LOR?
Dear Dr. Professor:

I sincerely appreciate you offering to write a letter of recommendation for me. I think based on our time together, you are the best person I could ask who could comment on my strong persistence when faced with challenging material.

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 a PDF. I am sure you know this, but medical schools won't accept it unless it is signed and on letterhead.

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

I have attached my resume, transcripts and a draft of a personal statement. Please let me know if you need any additional information from me.

Again, I very much appreciate your time.

Sincerely,
Very Gracious Student
LOR Timeline

• Ask anytime, but by March
• May: Application Opens
• June: Application is being verified
• July: Secondaries Complete-LOR Need to be in by this point.
How to Build Relationships

• Be genuine and authentic.
• Be present and engaged.
• Be impressive.
• Don’t be afraid.
Questions?