

Academic & Preprofessional Advising
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Recommendation Worksheet

Admissions committees are very interested in an applicant's letters of recommendation. Letters can tell them things about you that cannot be found on your transcript. Further, the fact that you handle your letters and the rest of your application well shows schools that you are prudent, responsible, detail oriented, and personable—important strengths for a healer to have.

So, **you need to get good letters of recommendation!** This worksheet will help you get started. We are listing the important types of letters you should ask for in a (roughly) descending order of importance.

Use this worksheet to plan out your strategy, and get in touch with us if you want help and advice! If you need to use more spaces than we have provided—great!

Natural Science Professors (You should get two.)

Name:
Name:

Professor from your major department (At least one—if you are a science major, it will also count as a science professor.)

Name:
Name:

Professor from your alma mater ((If you earned an undergraduate degree elsewhere)—It could also be the professor from your major department.)

Name:

Non (Natural) Science Professor (It might be a good a good idea to get feedback from a professor who can talk about your skills as a reader and/or writer of papers. This might also be your major department professor.)

Name:

Research Supervisor (A h-i-g-h-l-y good idea to get a letter from your research supervisor. Research supervisor letters (usually more than one) are a MUST for M.D./Ph.D. applicants.)

Name:

A practitioner in your chosen profession (. . . a dentist, doctor, optometrist, podiatrist or veterinarian. Requirements vary by profession and school. Some D.O. schools demand a letter from an osteopath. Veterinary applicants m-u-s-t get letters from veterinarians.)

Name:
Name:

Letters from campus leadership, community service, employment, and character references

(Requirements can vary from school to school, so make a list of places you want to apply to and double check. In a good number of cases these letters can be very, very helpful but they are not a substitute for other types of letters!)

Name:
Name:

Remember to start asking for recommendations early!