

# *LETTERS OF RECOMMENDATION*

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Letters of recommendation are an important part of your application. Once the medical or dental schools review your GPA and MCAT/DAT scores, they want to see the person behind the numbers. request letters from professors or volunteer/research colleagues who can speak to your integrity, maturity, responsibility and other traits valued by the school.

These are the qualities your recommender should highlight in his or her letter:

- The letter should make it clear that they know you well
- That they've known you long enough to write with authority
- That they are confident that they know the caliber of your work They can describe your work positively
- They have a high opinion of you
- They know where you are applying (i.e., medical school, dental school, osteopathic school)
- They know your educational and career goals
- They should be able to favorably compare you with your peers
- Letters should be on letterhead, signed, and dated

## **RECOMMENDATION LETTERS REQUIRED OF PRE-MEDICAL APPLICANTS**

The required breakdown of letters is a guideline. It is highly suggested that you request more letters on your behalf, which gives the Pre-Health Advisor more flexibility in deciding which letters to include with your Committee Letter.

A minimum of 7 letters are required for medical school applicants—

Three (3) letters from YU science professors (ideally only one from a lab instructor).  
Two (2) letters from non-science professors (one from major)





- Submit the letter on letterhead
- Date and sign the letter
- Address it to "Dear Members of the Admissions Committee"

Don't-

- Send the letter via e-ma