

# PRE-HEALTH QUICK TIPS

## LETTERS OF RECOMMENDATION

1

### KNOW THE REQUIREMENTS

Check health schools' websites to see who they require and accept letters of recommendation from. This could include:

- **Faculty** (i.e. professors or TAs)
- **Supervisors or mentors** (i.e. club advisors, employment supervisors)
- **Healthcare professionals** (with whom you have worked or interacted)

2

### CONNECT WITH POTENTIAL LETTER WRITERS

Connect with and identify potential letter writers early on through:

- Shadowing, volunteering, or employment
- Student organizations
- Faculty office hours
- Being a Teaching Assistant
- Research experience with faculty

3

### FOCUS ON THOSE WHO KNOW YOU WELL

The best letters of recommendation come from people who know you well, have direct experience with you, and can comment on your personal qualities, but avoid family members. Focus on those who have seen you in action, either in the classroom, workplace, or community.

4

### PREPARE TO ASK FOR A LETTER

- Ask in person when possible
- Ask if the person is willing to write a **strong** and **positive** letter
- Give them plenty of time to complete and submit the letter
- Provide clear instructions on submission
- Offer to provide a resume
- Follow up on the results of your application and send a 'Thank You'



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