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)

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

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.

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’

VISIT EXPLORECENTER.UNL.EDU FOR MORE TIPS!