

1. Know whether you have maintained and have great relationships with potential letter-writers.

Letter-writers include:

- Professors
- Researchers you have worked under
- Supervisors of organizations you have worked in or have held leadership positions in
- Community members that you have volunteered alongside with

2. Research what letters you need.

- Lot of schools are unique in their expectations and requirements for what letters look like
- Requirements can differ in the number of science professors (minimum and maximum numbers), and guidelines set by AAMC for how many letters they will accept.
- Look at the schools that you want to apply to and general requirements to make sure that you not only have the appropriate number of letter writers available, but also the appropriate type.

3. Determine how you're going to send those letters to your AMCAS application. AMCAS has multiple ways these letters can be submitted:

- You can have a letter on behalf of your premed advisory council at your school letter.
- Your premed advising office may submit a letter packet compiled of all the letter-writers that you have already had.
- You can submit them individually to your application.
- You can use third parties like Interfolio to help.

Molly had a premed advising office that made letter packets so all she had to do was give her letter writers information on how to submit those letters to them. The office took care of sending those letters through her application, which lifted a burden off of her shoulders. Try looking into your premed advising office to see what opportunities and resources are available to you!

4. Determine your timeline. You want to make sure that you are giving yourself enough time to make sure that you can have all your letters in with your application, and you want to make sure you give your letter-writers enough time to write a quality letter on your behalf.

- Most times, you are reaching out to professionals who are very busy and also have a lot going on, so they may not be able to always remember that they need to write a letter for you in a certain time frame.
- Polite persistence: when you intermittently check up with your letter-writers reminding them about the deadline that may be approaching, and also possibly providing resources.
  - AAMC has a letter-writing guide on the website, which Molly sent out to all her potential letter-writers.
- Make sure to consider having a diverse set of letter writers from different environments to show the different aspects of you that make you who you are and give a holistic view of why you would be a great future medical professional.
  - Molly had a couple of core-science professors, a researcher, a supervisor of a job on campus, and another professor for a medically-adjacent course.

Once you have completed those steps, you are all set to get your letters of recommendation.

Piece of advice: more is better!

- Reach out to more professors than you actually need because sometimes people may never respond to you, are too busy to write a letter, or may forget.
- Have some letter-writers that you can fall back on.

Best of luck!