Ways to Follow Up

1. Ask questions about what you last discussed.
2. Tell them about a book, article, or website that might help with what you talked about.
3. Send a personal note with a copy of anything you have produced of note (abstract, paper, etc.).
4. Post a comment on their blog.
5. Ask others you know at the school to talk you up personally.
6. Tell them about an upcoming event that addresses an issue you think they have.
7. Invite them to speak on the Cornell campus.
8. Attend an event where you are likely to run into them.
9. Send a nice-to-meet-you or good-to-see-you note with your card.
10. Visit a faculty member at their campus.
11. Volunteer for activities related to the school.
12. Invite them to your website.
13. Volunteer for an organization where they also serve.
14. Tell them about new experiences.
15. Send them an article someone else has written about a topic related to them.
16. Send them a wholesome joke or cartoon about medicine or something that interests them.
17. Send them an article (or link to one) that you have written.
18. Send them a birthday or happy anything caring card.
19. Invite them to contribute to your premed listserv or newsletter.
20. Talk up a friend you know that they accepted.
21. Have an updated or new letter of recommendation sent to them.
22. Send a link to any publicity about you or Cornell.
23. Watch their social media accounts and comment on them (Twitter, Facebook, LinkedIn, etc.).
24. Tell them if you have no other prospects and ask for an interview or acceptance.
25. Send congratulations about new developments related to their school.
26. Send a copy of your newsletter or post from your blog and invite them to subscribe.
27. Send a link to a print or audio interview about any organization you belong to.