Dear ________________________________:

(name of recommender)

Schools of human medicine are interested in candidates who demonstrate professionalism, humanitarian personal traits and academic excellence. Here are some guidelines for a useful letter of recommendation.

**Extent of your relationship with the applicant:**
- ✓ Length of time known
- ✓ Depth of knowledge about the applicant

**Non-academic attributes:**
- ✓ Integrity: ethics, honesty, social responsibility
- ✓ Service orientation: altruism, sensitivity, responsiveness to needs of others
- ✓ Professionalism: reliability, dependability, cultural competence
- ✓ Social and interpersonal skills: teamwork, independence, leadership
- ✓ Personal qualities: compassion, resilience, adaptability, self-reliance, sense of humor, stamina
- ✓ Fit with and understanding of a career in human medicine

**Academic competencies:**
- ✓ Desire to learn: intellectual curiosity
- ✓ Distinctive contributions to an academic enterprise
- ✓ Attitude toward course activities in and outside of class
- ✓ Writing skills
- ✓ Group or teamwork skills
- ✓ Research competencies
- ✓ Overall academic excellence and ability, particularly if at variance with academic performance

**Your conclusion/overall recommendation:**

Letters of recommendation are a critical component of the admissions process for applicants to professional schools of human medicine. The Health Careers Evaluation Committee often quotes directly from your letter when preparing the narrative evaluation of each applicant. We use your comments to illustrate the impressions we otherwise draw from applicants’ written materials.

Please submit your letter on official letterhead, dated, and signed. Your letter will be attached to the HCEC letter of evaluation and sent through secure electronic transmission to the medical or dental school application service(s).

Thank you for writing on behalf of this applicant.

Sincerely,

Brian F. Chabot Ph.D.
Professor Emeritus
Chair, Health Careers Program Advisory Board
HCEC Letters of Recommendation (LoRs)
Submission Directions and FERPA Intent

LoRs must be on letterhead, dated, and signed by the writer, as required by medical school admissions offices.

**How to submit the LoR and this form:** The HCEC prefers to receive the LoR electronically as a scanned .pdf document (not .jpg) via the Cornell Drop Box (https://dropbox.cornell.edu). This page, including the signed FERPA intent form below, may accompany the letter or be sent separately through the mail.

- **Cornell faculty or staff members:** Please log in to the Cornell DropBox using your Cornell NetID and password. Upload the letter to “hcec_letters@cornell.edu”.

- **Those unaffiliated with Cornell:** To submit to a scanned letter to the HCEC as an email attachment, first notify the HCEC by phone (607-255-0546) or email (hcec@cornell.edu) so that we may authenticate authorship and provide you with instructions. To be granted guest access to Cornell DropBox, please email the HCEC at hcec@cornell.edu.

- To send to a hard copy of a letter to the HCEC via postal service or campus mail, please use this address: HCEC Records Coordinator, 210 Barnes Hall, Ithaca, NY 14853-1601

- In addition, the HCEC recommends, but does not require, that applicants also have a copy of their letter sent electronically to a third party credentials service: www.interfolio.com. Ask the applicant for information and instructions.

**Letter writer contact information (to be completed by the applicant):**

Name: ___________________________________________ Title: ___________________________

Phone: ___________________________ Email: _______________________________________

**Due date:** Applicant and writer agree that this letter will be submitted by (enter date): __________

Note: For undergraduates applying through HCEC, the letter due date is **March 4, 2016.**

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**FERPA Intent Form**

*(to be completed by the applicant)*

The Family Educational Rights and Privacy Act (FERPA) of 1974 (20 U.S.C. § 1232g; 34 CFR Part 99) provides individuals the right to review their education records, which include letters of recommendation. Each applicant has the option to waive his/her FERPA right to view a letter of recommendation.

The HCEC will assume that the applicant has retained FERPA rights to view this letter unless this form is signed by the applicant and returned to the HCEC.

Applicant name, printed: ___________________________________________

I hereby ☐ waive my right, under FERPA, to access this letter. (Signature required)

Applicant signature: ___________________________ Date: __________

I ☐ do not waive my right, under FERPA, to access this letter. (No signature required)