



Date: \_\_\_\_\_

To: \_\_\_\_\_

From: Pre-Professional Health Sciences Committee

Subject: Letter of recommendation for \_\_\_\_\_

This is to state that I waive my right to view the contents of the letter written in response to this request.

\_\_\_\_\_  
*Signature of student*

The Pre-Professional Health Science Committee is requesting that pre-medical, pre-dental, pre-optometry and pre-veterinary medicine students obtain letters of recommendation that evaluate the student's abilities, character and potential as a health care provider. In particular, medical schools are interested in learning about specific situations where the applicant has demonstrated characteristics related to four sets of competencies. First, the student should show strong interpersonal competencies: service orientation, social skills, cultural competence, teamwork, and oral communication. Second, students should demonstrate the following intrapersonal competencies: ethical responsibility, reliability and dependability, resilience and adaptability, and the capacity for improvement. The last two categories focus on academic skills. Thinking and reasoning competencies include critical thinking, quantitative reasoning, scientific inquiry, and written communication, whereas the science competencies focus on knowledge related to living systems and human behavior. Additional information about these competencies and other information you may choose to include in your letter is available at: <https://www.aamc.org/download/349990/data/lettersguidelinesbrochure.pdf>. Please note how long and in what capacity you have known the student and the group you are comparing them to. Finally, if the student has shown a significant weakness, please describe and state how long and in what context you have known the student. A strong, detailed letter that cites examples in support of your observations is the most useful for the student as they navigate the arduous application process to these various graduate health care programs. Kindly send one original signed letter on letterhead or a PDF copy along with this signed form to the address or email below.

The letter you write will serve two purposes: 1) It will be included in the student's file which the advisory committee reviews as part of the evaluation of the student; and 2) Your letter will be scanned or copied and included with the letter of evaluation written by the PPHS committee and sent to the professional schools to which the student has applied.

On behalf of the student and the Pre-Professional Health Science Committee, we would like to thank you for taking the time to write your letter. If you have any questions please contact Max Hunter at 206)281-2094 or email [huntem1@spu.edu](mailto:huntem1@spu.edu)

Pre-Professional Health Sciences Committee  
Department of Biology  
3307 3<sup>rd</sup> Ave West, Suite 205  
Seattle Pacific University  
Seattle, WA 98119  
Attn: Max Hunter, PhD. PPHS Director

**I understand that the student  
named above will not have access  
to my recommendation letter**

\_\_\_\_\_  
**Signature of Letter-Writer**

Or email to [huntem1@spu.edu](mailto:huntem1@spu.edu)