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Self recommendation letter

Asking for medical school letters from professors or former bosses can be a daunting task, but it could get worse if they ask you to write your own. That's why you need to learn how to write your own letter of recommendation. Even if you have taken several of their courses, submitted several projects to them, spent time with them during office hours and exchanged basic jokes with them, it can be difficult to feel confident in their assessment of you. Students - even (or perhaps especially) the best students - are known for their self-doubt. This is not always a bad thing, as it allows you to strive to do more and do better, but it can lead to a significant undervaluation of your successes, achievements and overall position as a student. So when you send this request for a letter of recommendation, it can be done with bated breath and a sense of uncertainty - What if they say no? What if they laugh at your request? What if they were nice to you? Well, first of all: Relax. The last two are highly unlikely, and if the first happens, it is not necessarily the end of the world. You should ask for letters from professors with whom you have been in relationships for some time — those whose courses you have done well, those who have evaluated your work, and so on — and if you have made that report, they are very unlikely to say no. If you're desperate for, say, a third writer of letters and reaching out to all the teachers you've ever met, well, then you can get a no. But, unless you just completely bombarded a course, these negative responses are often in your best interest. A teacher usually only refuses to write a letter if they feel they just don't know you and your work well enough to write you the kind of recommendation you need to actually succeed. You'll need to look for someone else at this point, but it's better than a poor or ineffective letter of recommendation! In any case, all of this underscores the need to find quality letter writers and build relationships with your professors throughout your time at university. Beyond a simple Yes or No At this point, you can assume that your request for a letter of recommendation will be satisfied with one of two answers: Yes, happy to! or, No, sorry. Actually, things are a little more complicated than that. Imagine seeing this response to your request hitting your inbox, taking a deep breath to prepare before opening it (Please say yes, please say yes, please say yes ...), then see this:Hi! Of course, happy to help! Go there and put together a project and I'll review and sign. Uh... what? For many, the answer to such a request would be abject horror! You may think that this is some kind of test of your ethical sensitivities, or an indication that your doesn't really want to act as an arbiter for you. Relax, it's neither. If you've never seen a request like this before, that's okay - it's not that rare, and it doesn't negatively reflect on you. In fact, it probably says two things: 1. That your teacher is over-worked, but still wants to support you, and 2. That they trust you to provide an honest self-assessment. Writing your own letter of recommendation: An opportunity In some ways, this request to write your own letter of recommendation can actually be a positive thing. In general, letters of recommendation are not available to students - at the time they were sent exclusively in paper copies, students and faculty had to make considerable efforts to demonstrate that the student had not accessed the letter, such as submitting it in a sealed envelope with the teacher's signature on the other side of the seal. This meant that you had no idea what the teacher had said about you, and that is still largely the norm (although some professors may still send their student an open copy of the letter, but it depends on the individual teacher and their relationship with the student). However, if you contribute to the letter, you have at least an idea of what it says, and you have an opportunity to include details and make sure that the things you want mentioned or highlighted have a good chance of getting into the final draft. Of course, your teacher will retain the right to edit the letter as he or she wants, and you may not have access to that final draft, but you have a say, which is more than many students have had in the past. So consider this an opportunity, and be grateful that your teacher thinks strongly enough of you to trust you with this task! Writing a letter of recommendation for yourself: Advice on contentBe humble, but acknowledge your accomplishmentsIn definition, a letter of recommendation is a document that highlights your strengths, strengths and achievements. You need to be clear and honest about how you excel academically, and the contributions you have made through your research, services and extracurriculars (as long as this teacher is aware of things like extracurriculars, volunteering, etc.). Many students are uncomfortable discussing themselves in a positive light, but you should be able to objectively recognize the things you do and have done well, and these things should be the basis of your letter. Think of it this way: if you ask for a letter of recommendation, it means that apply for a competitive program that requires the excellence of its candidates (graduate school, medical school, law school, etc.). You wouldn't be a candidate for such a program if you didn't think you had what it takes to build a competitive application, right? So what led you to consider yourself a viable for this program? Make a list of the qualities, achievements and strengths that helped you decide to apply, and then determine which of those qualities has witnessed. This will give you some key themes around which to build your letter. If you are not sure of the qualities to emphasize, look at the qualities appreciated by the profession you are pursuing and use them as a guide. Academic excellence is a constant in all areas, of course. In addition, resilience, reliability, community service, intellectual curiosity, critical and creative thinking and collegiality are all appreciated in a wide variety of areas. Make sure you maintain some humility. Although you are probably an exceptional student, you wouldn't want to pretend that you are by far the most impressive, hyper-intelligent and promising student that your teacher has ever taught, for example. First of all, it is simply not the language used in a letter of recommendation. Second, this content is not really very useful, as we will do shortly. Finally, unless you can say without a doubt that you are the best student of all the thousands of students your teacher has known, that would be an overly bold claim to make. Talk to details, and don't try to cover all of the above said, you probably won't be able to discuss every single force, asset, or accomplishment, so after making this list, you'll need to reduce it. Briefly discuss some of the most noteworthy contributions you have made to this professor's course, including important projects or documents you have completed for them, or any work you have done together. You will probably end up with 2-3 major themes or qualities to highlight, supported by a few examples. A letter of recommendation is usually about 1 page spaced apart, so use this length as a guide for the amount of content you should include. Avoid clichésWhen I was a graduate student, I am part of a hiring committee for my department. I remember sitting in the huge office of our department chair, reviewing files and letters of recommendation with other members of the committee. Reading a candidate's letters, the president let out a hearty laugh: Oh my God, a hard worker? Talk about the death knell for your application! Everyone was laughing knowing about the matter, and I sat there very, very confused. When I asked why being a hard worker was such a bad thing, they explained to me: it's not that there's nothing wrong with being a relentlessness is that the term is cliché and very imprecise. Essentially, if the best praise someone can give you is that you are a hard worker, who is considered quite unhappy. So, avoid clichéd phrases like this and aim for clear demonstrations of your skills and abilities. If you consider yourself a hard worker, then offer examples of when you went above and successfully juggled with multiple urgent responsibilities. It will be much more effective. Show, don't tell anecdotes that show that your strengths are always more effective than lists of qualities or achievements, and letters of recommendation often include such stories. Using specific examples of exceptional projects, meaningful interactions or professional observations, and use a story that shows the reader your excellence in action, rather than just telling them that you are a remarkable student. Make sure the grammar and style are impeccable!While your teacher will always review and edit the letter, you want to be very aware of your grammar and style as you write. Remember, you don't write in your own voice; you write as a teacher. So use a semi-formal but professional style, and reread, reread, reread. Your writing must be impeccable, both for the letter itself and for you to continue to demonstrate your compositional prowess to your teacher. Writing a letter of recommendation for yourself: Advice on structureYou can think of a letter of recommendation as similar to a short essay, with an intro and thesis, body, and conclusion. The thesis is that you are a strong student who will succeed in the program to which you are applying, and support for this thesis comes in the details of the work you have done for and with your teacher. The introduction is the opening paragraph, where you should include a clear statement of support (e.g., I am happy to write in support of the student[s] application to the [program]) as well as an indication of your relationship with the teacher, the time you have known them and the ability in which you have worked together (e.g., if they are your supervisor), if you have worked for them as a teaching or research assistant), etc.). Include details like the courses or projects you've had together, and anything that shows how well they know you and your work—the more they know you and your work, the better they can assess your potential for future success. The organization would consist of 2 to 3 paragraphs with specific examples and anecdotes that support the thesis. Again, you can discuss the courses you have completed, the projects you have submitted, professional exchanges, discussions about your volunteer or extracurricular work (if your teacher is familiar with them), and any other aspect of your professional relationship with your letter writer. The conclusion concludes the letter, often using this opportunity think a little about personal attributes, as opposed to professional achievements (e.g., curiosity, collegiality, trust, etc.) and emphasizing enthusiasm for writing the recommendation. In addition, an invitation to request additional information traditionally terminates a letter from often with the teacher's email address and - if they are comfortable doing so - their home phone number (the latter detail, in particular, underlines the enthusiasm of the author of letters to recommend the student - an invitation to call them at home suggests that they are particularly invested in the student's success). I'm really not comfortable with that! Other options to write a letter of recommendation for yourselfIf you just can't get you to write a letter of recommendation for yourself, there are a couple of options for you. Say no First, you can always say no. The request to write your own letter of recommendation is just that, a request - not a request. But it's probably not a good idea and you don't want to upset or argue with someone you hope to paint a positive image of you. It is very unlikely that saying no will make you not receive a letter at all from that person. If so, arrange to meet in person to discuss your concerns and reservations. At this meeting, you need to bring documents to help your teacher write the letter quickly, easily and efficiently. So bring your personal proposal or essay of your application, your CV/CV, and a brief writing of the key qualities that you think this teacher can talk about, including your courses with them, the projects you have completed for them, and your notes in those courses. Remember, your teacher probably has hundreds, if not thousands, of other students, so you want to make this easy for them. It is much easier for you to compile your own individual information than it is for your teacher to come back through perhaps years of courses and student information to isolate your specific links with them. But at the end of the day nothing is easier than writing the letter for them and letting them edit it. So try not to say no. Right in the middle That said, many students would be just as uncomfortable saying no to their teacher that they are writing their own letter of recommendation. Thus, you can always propose something between writing the complete letter itself and the suggestion above to say no, but offering materials for reference. If you're not ready to write something all the way from Dear Selection Committee to Sincerely, Professor Z, you can work primarily on what would be the body of the letter. Gather a few bullet points, specific examples of showing you your strengths in relation to this teacher, notes on the work and projects you have done that you think be highlighted, and a discussion of what you hope the teacher can talk about in their letter. Again, thinking of the letter as a brief essay, compile the research for them, to make the finalization of the letter itself easier. ConclusionHow you decide to go ahead after receiving a request to write your own please remember that the author of the letter will always have the final say. While you want to put sincere effort and thought into the framing of the project you are composing, if there is something they feel is missing, everything they think should be formulated differently, anything that does not represent their voice, they will modify it and make it what it should be. So consider taking this opportunity to make sure your letter of recommendation does it and says all the things you hope it will do and say! Would you like our help to enter the college or professional? Contact us today to plan your initial consultation free!

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