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| **Name:** |  |

***Questionnaire/Reflection***

You may customize and send each recommender a different set of answers/reflections or you can use one for each recommender. Keep in mind that writing a letter of recommendation takes a significant amount of time and effort, so giving your recommenders as much information about you and what you hope they include in their letter helps tremendously as they write your letter.

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| 1. What positive traits or abilities do you hope the recommender writes about? For example, are their specific abilities you demonstrated in his/her class, or in other conversations/meetings you had outside of the classroom? For non-academic recommenders, what traits do you think he/she observed in interactions with you? |
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| 1. Are there themes or ideas you want emphasized in your letter? Are there certain facts or examples you would like the recommender to mention or ignore? Are there weaknesses or concerns in your application that you would like the recommender to address? |
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**Attach a rough draft of your personal statement.** Please refer to individual application websites (AADSAS, AMCAS, AACOMAS) for character limits. The main prompt is “Why do you want to be a (doctor, dentist), and why would you be a good one?” It usually amounts to about one page single spaced.