**Sample Bullet Points for a Letter of Recommendation for Medical School (Not Full Letter)**

**Details Changed**

Dear Professor Joyce,

Thank you for agreeing to write a letter of recommendation to support my applications. I have enclosed some suggested content for the letter of recommendation which you can include or edit as you see fit.

Sincerely,

Janice Cheng

* Janice Cheng, a former student of mine, has expressed significant interest in attending your university’s medical school program, which I fully endorse.
* Janice has demonstrated an impressive aptitude for neuroscience that I believe gives her a distinct edge over other applicants that will carry her through her studies into her professional career.
* As a lecturer with the Department of Biosciences at Harvard University, I supervised Janice when she was a student in two of my courses: Fall 2021 BIOS 212 Experimental Neuroscience: Introduction to the Scientific Method; and Spring 2022 BIOS 415 Experimental physiology.
	+ The first course focused on principles of experimental design, selected research strategies, record keeping, and technical communication as related to neuroscience, and included weekly experiments and write-ups, plus a final project that included a written paper and poster presentation.
	+ The second course allowed students to explore the properties of excitable cells and the mechanisms behind such properties. Each experimental study focused on the origin of membrane potentials, generation/propagation of action potentials and properties of nerves, and mechanisms for controlling muscle contractile strength.
* Janice and her classmates partook in discussions on subjects that included theoretical principles, methodology, questions to address experimentally, ideas for analyzing data, and experimental strategies. My courses generally offer students the opportunity to take a goal-oriented approach to laboratory work by developing hypotheses and experimental parameters to test.
* Students also directed experiments and analyzed data by applying best laboratory practices established in previous courses in order to write up and present their findings in publishable form.
* For both lab courses, Janice worked with a group to collect experimental data, statistically analyze it, and present the results and discussion in poster and/or paper form. This work often required spending extra time in the lab in order to extract more relevant data.
	+ Many struggled to get cell membrane measurements using the glass microelectrodes, which were very fine and fragile. Janice remained resilient and persisted in retaking measurements by paying close attention and adjusting the technique until she was able to obtain solid data.
	+ During other experiments, Janice actively participated in troubleshooting problems with the experimental setup when present, and communicating with her team to determine possible solutions.
* Janice was always very well prepared for class experiments, and always reviewed and highlighted procedures beforehand.
* Janice regularly helped explain scientific concepts to members of her team to justify why they should carry out an experiment in a certain way.
* Janice also developed strong written communication and showed demonstrated improvement in creating and writing research papers.
* Janice was always amenable to receiving constructive criticism on how to improve and produce publication-quality writing and data figures.
* One particular project that Janice was involved in, Crayfish Extensor Muscle Electrogenic Effect and Diffusion, stands out to me when I think of Janice’s contributions.
	+ To complete the assignment, Janice and her team were given an objective and procedures for using the necessary equipment and software and working with specimens but had to determine the overall organization and strategy for the data collected in order to best accomplish the experiment’s goal.
	+ Experimental procedures involved collecting membrane potential measurements of crayfish extensor muscle and analyzing the effect of ouabain, a steroid hormone, on those measurements.
	+ After obtaining the data, Janice individually wrote up the paper results and discussion sections for her team as if the experiment was for a published research paper, aiming for publication-quality writing and figures.
* Through our discussions, I became aware that Janice had been involved in neuroscience research at Harvard University School of Medicine’s Neuroscience Department, which greatly impressed me and enriched her time in my courses.
	+ Utilizing her experiences in computational research, she developed an ability to analyze data through deep learning and AI technology.
	+ She explained how, through her work at Harvard College, she was able to use a deep learning model to derive molecular representations that were easier for algorithms to work with. Typical representations of molecules used in data analysis, like text-based representation, are very high dimensional and often quite complex.
	+ Janice’s learned knowledge and our conversations were always well-informed and engaging.
* Janice has a great breadth of knowledge from her interdisciplinary interest in neuroscience, from her interest and knowledge of the circuitry of the brain, to mathematical models that approximate the communication of neurons, to even AI research inspired by neuroscience.
* Janice’s intellect, curiosity, and ability to communicate and collaborate with others to achieve common goals are what will propel her through her medical school education and all the challenges that it may present.
* I am certain she will continue to contribute profoundly to peer discussions while assisting with and producing her own important research.
* If necessary, please do not hesitate to reach out to me with any questions about Janice’s academic record.
* I look forward to seeing where Janice’s ambition and talent lead her.