**SHOULD I SEEK A COMMITTEE LETTER NOW?**

- Will I be ready to apply this coming summer?
  - You are strongly advised to go through the Committee Letter Process (CLP) in the same year in which you plan to apply to professional school, in order to ensure that your evaluation and letter are current with your application. We will provide one Committee review and one letter, so participate when you are your best candidate.

- Will I complete at least 24 credits of relevant science coursework at UVM, and all of my pre-medical/dental course requirements by May 2018?

- Do I have an overall cumulative GPA of ≥3.5, and a science/math cumulative GPA (BCMP) of ≥3.5?
  - If not, do I have a record that shows significant and sustained improvement?
    - The average GPA and BCMP nationally of admitted applicants to allopathic medical school are 3.75 and 3.7, respectively. For dental school, they are ~3.5. If your averages are not competitive, we recommend further study to improve your academic record before applying to professional schools.

- Have I pursued at least one **meaningful and sustained** health related experience to test and inform my career plans?
  - Do I know enough about the realities of practicing medicine or dentistry to ascertain my “fit” for the profession and to participate in a meaningful dialogue during my interviews?

- Do I present a record that reflects a commitment to service and cultural competence?
  - Have I engaged in community service activities to develop my interpersonal and communication skills?
  - Have I stepped outside of my comfort zone and pursued experiences that will prepare me for serving diverse patient populations?

- Did I fully engage in extracurricular activities at UVM where I learned to work effectively with a team, and/or developed leadership skills?

- Does my record reflect intellectual curiosity and engagement?
  - Have I challenged myself academically and/or pursued independent study through research?

- Can I think of 3-4 relevant reference providers who know me well enough to strongly advocate for me as a professional school applicant? (2 letters should be from science faculty)

**In our experience, unless your answer to these questions is a resounding, “Yes,” your other strengths might be overshadowed, and you will not present as a competitive candidate.**
your answer is “no” to any of these questions, we encourage you to meet with the Pre-Health Advisor to discuss your options and develop a plan to enhance your candidacy.

What if I want to apply without the Committee Evaluation Packet?
Some medical and most dental schools will accept specifically defined individual letters of recommendation in lieu of a Committee Letter. However, most professional schools prefer a Committee Letter and may ask why you did not use the process. Check school-specific policies. Should you apply without the Committee Letter, you will need to open a letter file with Interfolio to manage your reference letters; more info on the Career Center Graduate School Info page.