Student Information: Composite Letter Writer Guidelines

In writing the composite letter of recommendation, your health professions adviser needs as much information as possible regarding your academic ability, activities and personal qualities. Give as much detail as possible; include dates of activities, jobs, volunteer work, and any unique activities that would help the professional school admissions committee choose you. Don't be shy; sing your praises.

**Academic Honors**
List any awards, prizes, honors, etc., received while in college. How often are they given (each semester, once a year?)? How many other recipients receive it at the same time?

**Extracurricular Activities**
List any cocurricular activities you spend a significant amount of time on and are of significant value to you.

**Work Experience**
List any jobs you committed a significant part of your time to during the academic year.

**Experience in Health Care Delivery**
List and describe any work experience (volunteer or salaried) you have had in "hands on" health care.

**Research and/or Independent Study**
List and describe any independent study or research projects you have been involved in during your undergraduate study.

**General**
What has captured your interest in the past three years? What excites you? What have you done to pursue your interests?

---

**Contact**
If you have any questions or comments about this page, please contact:

**Charles Shopsis**  
*Associate Dean, College of Arts and Sciences*  
Science Building, Room 123A  
Adelphi University  
Garden City, NY 11530  
p - 516.877.4140  
e - shopsisc@adelphi.edu

**Erin P. Raia**  
*Director*  
Office of Pre-Professional Advising and Fellowships  
p - 516.877.3140  
e - eraia@adelphi.edu