

Guide: Securing a Strong Recommendation

A strong recommendation is a key component of your application. Use this resource to guide you through selecting a recommender and effectively preparing them to write you a recommendation.

WHO TO ASK

Check off whether the recommender(s) you are thinking of meet the criteria below. A strong recommender should check off most, if not all, of the boxes below.

Taught you in a core academic subject (English, History/Social Studies, Math, Science, Foreign Language)	
Taught you recently (in your sophomore or junior year)	
Taught you in a class where you did well (showed improvement, curiosity, or leadership)	
Can speak to your personal characteristics or strengths outside of the classroom	

Name of the recommender(s) I will ask: _____

WHEN AND HOW TO ASK

1. Method of contact I will use: _____

2. Date I will contact my recommender by: _____

3. Date I will follow up by: _____

ASK EARLY!

We recommend asking your recommender at least 2-3 weeks before the application deadline.

WHAT TO PREPARE

Prepare the following materials for your recommender and check off the box once you've printed out the material or included it in an online folder.

A copy of your transcript	
Your resume and/or a list of your activities, work, and/or achievements	
A brief "thank you in advance" note	
Bonus: A copy of your personal essay, if applicable	
Bonus: Recommender Information Sheet with context on QuestBridge and your interest in applying	

HOW TO REGISTER YOUR RECOMMENDER

Write down the following information about your recommender, which you'll need to register them in the QuestBridge application. If you're unsure what to put down, ask your recommender to confirm!

1. Preferred prefix, first and last name: _____

2. School and department or position: _____

3. Preferred email (and phone number, if available): _____