

Letters of Recommendation

Letters of recommendation are an important component of the residency application process. A strong LOR helps provide you with the credibility you need within the American health care system. United States residency programs will look at this letter as an indication of your medical abilities. The physician author's academic affiliations, the clinical sites you visited, and the activities that took place are generally the most valuable aspects of the letter. While residency programs will accept letters from references in your country, the letters of recommendation earned through your AM Opportunities experience gives you a professional reference from a U.S. physician who can vouch for your clinical skills.

When undergoing your clinical experience, make sure you network and establish connections with potential physicians who can write you a letter of recommendation. Once you complete a clinical experience and secure an LOR, there are two ways to attach your letter to your residency application.

ERAS

The first way to submit your LOR is through the Electronic Residency Application Service. ERAS is the system that The National Resident Matching Program uses to streamline the application process for all parties involved. Through your ERAS account, you will create a Letter Request Form that provides your recommender with credentials to log into the Letter of Recommendation Portal. Once your recommender gets these credentials and writes your letter, ask him or her to upload your letter to the LoRP, which allows him or her to submit your letter alongside your application. The ERAS route is the simplest, easiest, and most convenient way to submit your LOR. If you choose to go through ERAS, make sure you waive your right to read the letter! Doing so can enhance the strength of your LOR as your recommender may be more candid. It also shows you have nothing to conceal and have full confidence in your recommender.

AM Opportunities recommends this method as it's safe, secure, and more credible. You can streamline all of your LORs so they are located in the same place.

DIRECTLY SENT TO YOU OR YOUR PHYSICIAN

The other way to submit an LOR is by having your recommender send it to your university and/or you directly. When you apply to the Match, you will have to attach the LOR yourself. While this option is valid, residency programs prefer that you do not read the letter before it is submitted.

Whichever direction you decide to take, you must have a conversation with your physician asking them if they can write you LOR and letting them know which method you prefer as well as a timeline for completion. If you have any questions or need further instructions, please reach out to your AMO Visitor Experience Coach.

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