Do you plan on applying to medical school? If so, you might want to think about getting a letter of recommendation on the Letters of Recommendation page of our website. To be eligible for a committee letter of recommendation, you must have an active letter request on file. If you would like to request a letter from a specific alum, you can do so by sending us an email to hpa@princeton.edu. We are happy to hold any letters in our files for six months, so we recommend that you request letters as early as possible to ensure that they are held on file for your application cycle.

As far as things to do before you leave, email us with your permanent email address if you'd like to remain on our alumni email list. You'll receive Vitals and will thus be able to stay abreast of updates, announcements, and events.

Every year, quite a few alums who graduated years ago get in touch with our office for advice on how to prepare for, apply to, and get into medical school. Consider the following:

- Why Apply to Medical School Early?
- The Intern Blues
- Becoming a Doctor: A Journey of Initiation in Medical School
- Barriers to Medical School Acceptance
- Final Exam: A Surgeon's Reflections on Mortality
- Mountains Beyond Mountains
- The Healing Process: A Surgeon's Reflections on Healing
- Becoming a Surgeon: A Journey of Initiation in Surgery
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- Final Exam: A Surgeon's Reflections on Mortality
- Barriers to Medical School Acceptance
- Why Apply to Medical School Early?
- The Intern Blues

In addition, there are many opportunities for you to get involved in health related work/organizations on campus. You can explore these opportunities on the HPA website.

HPA Vitale
Winter Break Special Edition for Seniors

Three Things for ‘18 to do over Winter Break

- Continue gaining perspective about your career of interest. Shadow local professionals, which are outlined on the HPA website.
- Set a goal for the next year.
- Keep in touch with your health school’s premed advisor.

Stay “in the know” with HPA Vitale. Stay connected to HPA news and events, while you are away or over Winter Break or Winter Break Special Editions. You can unsubscribe or manage your listserv subscription, go to https://lists.princeton.edu.

We hope you have an enjoyable Winter Break and look forward to seeing you in the fall.

Princeton University
Hastings Pre-Medical Advising Office