



Letter of Continued Interest

A letter of continued interest is a great way to demonstrate enthusiasm for a given school and further show why you are a great fit. If given the opportunity to write one, definitely do so! Here are some guidelines:

1. If the letter is not within the school's online portal, **introduce** yourself again and **thank** the school for reviewing your application.
2. **The school:** Write about why you are a great fit for this school and vice versa. Be super specific and show examples. Avoid cliches about the school, i.e. the beautiful campus, and instead speak to particular courses within the curriculum, extracurricular programs, unique research opportunities, or study abroad experiences. Answer the question: Why is this particular school good for you and why are you good for this school?
3. **Personal update:** Include any personal updates that may have transpired since you submitted your application - be it awards, achievements, AP test scores or other accolades. Further, link this update to why, again, you are a great fit for the school.
4. End with grace and gratitude, thank them again.

Other things to consider:

- Mention continued communication or interaction with anyone affiliated with the school's admissions (i.e. if you have stayed in touch with your interviewer).
- Include anything they might not know about you that sets you apart or makes you unique.
- Remember, schools want to feel like they are your top choice and that, if accepted, you'll attend.