

For Students who were Waitlisted and Denied admission: Writing a Letter of Continued Interest and managing the process

What is a letter of continued interest?

It is an acknowledgement of a waitlist decision and an opportunity to provide new and compelling information that could positively impact your chances of getting off the waitlist.

Should I do it?

If you are super disappointed because you really want to go to X school, then yes.

If you received other acceptances that present other great options for college, then no.

Statistics for students who get off the waitlist up to 2020: [here](#).

[Here](#) is some UC data from 2021 (2022 data isn't out by the time we are writing this email) by campus and [across UC](#).

How do I do it?

check the school's policy and procedures for sending a LOCI. Read the waitlist letter carefully, it might contain information there. See if they want you to submit through the portal. See who they want you to send the letter to

3 paragraphs:

1. Thank the reader for reevaluating your materials and reaffirm that X school is the place for you. If the college is your absolute first choice and you would attend if admitted, make that clear.
2. Offer new information such as updates on extracurricular activities, any awards won, projects you've begun, or improved GPA (provide transcript). This is the new and compelling information they want to know about.
3. Include any info on a campus visit if you've made one, and what specifically you loved. Include 2-3 brief "Why us" details describing why you and the school are a great match, especially if you have found out more information about what a great fit you would be with the school, since applying.

Thank the reader again and sign off.

Feel free to send a draft to your college counselor for review before sending.

To read more tips and info on the letter of continued interest, [check this out](#).

And if you're having trouble letting go of a school you were denied admission to, read on.

Tips on letting go...

Picture yourself 5 years from now. Where are you and who are you? You are not the college you attended, you are an independent, thriving adult.

It's not where you go, it's **what you do** when you're there.

A community can shape you of course but at the end of the day, and at the end of your four years, YOU shape you.

Being denied admission is hard, it can feel like a rejection of your "self" and your accomplishments. It will happen again. A wise person once said to me: "a setback is a setup for a comeback." This will not be your last setback. How do you handle setbacks?

College admissions is not an objective, measurable science. If a school's application readers didn't see you for all your amazing, unique qualities, doesn't mean they're not there!

Do not measure your worth or lose too many night's of sleep on a decision that was largely out of your control. Things in your control: how you handle this setback, the grades you got the last 4 years, the grades you'll get next year, the friends you'll make, the choices you'll make, the choices you've made, the friends you've made, the community you've built, the accomplishments, and most importantly, how you feel about yourself.