Dear Professor \_\_\_\_\_,  
  
My name is \_\_\_\_\_, and I am currently \_\_\_\_\_\_\_ for Dr. \_\_\_\_\_\_'s R01 at \_\_\_\_. I graduated from \_\_\_\_ in June \_\_\_\_ with a B.A. in Psychology.

I plan to apply to the Clinical Psychology Program at Virginia Commonwealth University this Fall. My interests include exploring the interplay between emotion regulation processes, impulsive behaviors,  
and early experiences. I am particularly interested in applying theoretical frameworks of avoidance, mindfulness, and acceptance coping to the understanding, prevention, and treatment of disruptive or violent behaviors. My present work investigates the relationship between coping processes and depression following the major life stressor that is cancer. I have been fortunate to work with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  
  
Your research on children's attitudes towards aggression and on other factors moderating the relationship between environmental risk and youth violence is a very good match for what I would like to study in graduate school. Do you expect to continue with similar projects in the future? If so, will you be accepting new students under your mentorship for the Fall of 2013?  
  
Thank you so much for your time. I look forward to hearing from you and have attached my CV for your reference.  
  
Sincerely,