

[Your Full Name]  
[Phone Number]  
[Email Address]  
[LinkedIn Profile/Portfolio URL]

[Date]

[Hiring Manager Name/Principal Investigator]  
[Department Name]  
[Institution/Organization Name]  
[Address]

Dear [Dr./Mr./Ms. Last Name],

I am writing to express my strong interest in the **[Job Title]** position within the **[Laboratory Name]** at **[Institution]**. With a background in **[Your Degree/Major]** and hands-on experience in **[Core Technical Skill or Research Area]**, I am eager to contribute to your team's ongoing research regarding **[Specific Project or Research Topic mentioned in job post]**.

During my time at **[Previous University or Lab]**, I developed proficiency in various laboratory techniques including **[Technique 1]**, **[Technique 2]**, and **[Technique 3]**. I successfully assisted in **[briefly describe a specific achievement or responsibility]**, which resulted in **[mention a result, publication, or improved efficiency]**. My meticulous approach to data collection and documentation ensures high-quality results and adherence to safety protocols.

Your lab's work on **[Specific Paper or Research Goal]** particularly resonates with my academic interests. I am a detail-oriented researcher with a proven ability to work collaboratively in fast-paced environments. I am confident that my technical skills and dedication to scientific inquiry make me an excellent candidate for this role.

Thank you for your time and for considering my application. I look forward to the possibility of discussing how my experience aligns with the needs of your research team.

Sincerely,

[Your Signature]  
[Your Printed Name]