Date: [Insert Date]

[Your Name]
[Your Address]
[City, State, Zip Code]
[Your Email]
[Your Phone Number]

[Recipient Name]
[Title/Position] (if known)
[Department or Office Name]
[University Name]
[University Address]
[City, State, Zip Code]

Dear [Recipient Name or Admissions Committee],

I hope this message finds you well. I am writing to request an update regarding the status of my application for the [specific graduate program name] at [University Name], which I submitted on [submission date]. I am very eager to learn about the progress of my application and any potential next steps in the admissions process.

Thank you for your attention to my request. I appreciate the time and effort that goes into reviewing applications, and I look forward to your response.

Sincerely,
[Your Name]
[Your Application ID (if applicable)]