

To whom it may concern,

I am pleased to be writing this letter on behalf of Samuel Rodriguez, who I have been mentoring for the last 1.5 years as an undergraduate researcher, and who is applying for the PhD counseling psychology graduate program at Indiana University. I met Samuel through an undergraduate research project and he has proven to be a fine student, researcher, and friend. I have spent the last few months working closely with Samuel on two different research projects, one through the College of Public Health, and one through the Department of Psychology. Samuel is hard-working, well motivated, and well rounded. Not only is he successful in his academic pursuits, but also takes on other enriching activities like classical music, as he participates in University based orchestras, and is being classically trained here at the UofA.

Since the beginning of my time working with Samuel, he has shown relentless curiosity towards the research projects I put him on. He spent the better part of the last 1.5 years working on a research project under the guide of myself and Dr. Karl Krupp. When I first met Samuel, his dedication to completing the project stood out, as he worked closely with Dr. Krupp and myself throughout the IRB process, translations, and outreach for our study. As project coordinator, Samuel was responsible for collecting data from participants in an underserved community here in Tucson, Arizona. He spent many months contacting different organizations, community groups, vendors and stores in hopes to collect more survey data for our PIMSA grant study. Not only was he able to land vendor positions at several different large community events, he also was able to get into contact with University faculty and staff to aid in his data collection process. His ability to reach out to others in a professional and timely manner stood out to me as his mentor, as I am sure he will continue to foster this ability in a graduate setting. The COVID-19 pandemic had made it very difficult for our team members to collect data for this project, and it took far longer than expected. Regardless of the pandemic, Samuel was able to gather a team of undergraduate students (including himself) and manage to collect over 500 survey responses in his community. His ongoing dedication and resilience were conducive to a successful data collection period, and he has been an integral part of this research project. He has organized meetings, events, and has proven to be a leader in guiding other members of his research team.

Samuel was also selected to participate in the UROC/AWARDSS program, which is a program that trains underrepresented minority groups in undergraduate research. On his own

accord, Samuel conducted a literature review, gathered ideas for his theoretical framework, and constructed his own IRB protocol for his AWARDSS research project. Over the course of the last summer, Samuel stood out among his colleagues as one of the few students who started an IRB protocol from scratch, and eventually having it be approved. Samuel's curiosity led him to question the psychological affects of academia on underrepresented groups, and how it relates to success, and stress. He composed a correlational model for the basis of his study, and is prepared to begin data collection. Through his literature reviews, and psychology based classes, Samuel has demonstrated a strong understanding of what psychological and public health research entails, and I have no doubt his knowledge on theory and methodology will only continue to grow throughout the course of his graduate studies.

As well as dealing with a full plate of academics, research, and music, Samuel has also shown staunch resiliency in his personal life. Being a first-generation hispanic student with a low familial income, Samuel has faced challenges many of his peers have not had to. Samuel has not had any economic support for his undergraduate schooling from his parents, and had to work hard in highschool to ensure scholarships would pay off his education. Despite all of this, he has persevered and proven that he is prepared and capable both intellectually, and socially for graduate school. I have no doubts that Samuel will fit into the academic community at Indiana University.

Therefore, I can say with great confidence that Samuel has a strong future waiting for him in academia, and would not only make an excellent researcher, but an excellent counselor/clinician. He has demonstrated resiliency, critical thinking skills, and loads of curiosity that have allowed him to become a successful and unique student. I believe that Samuel is deserving of acceptance into the Indiana University counseling psychology PhD program, so that he may continue to produce meaningful and impactful research for his community, and the communities of others. It is with enthusiasm that I recommend Sam to you.

Sincerely,

Awesome undergraduate mentor

1/3 points	All text is well written and error free.
2/2 points	The content of the letter of recommendation reflects the student's understanding of the function of the letter and that it is part of their application to graduate school.
5/5 points	The content of the cover memo reveals the student's understanding of what is needed by their letter writers to complete a strong letter of support.

Total: 8/10

Notes: Nice work! The content of the letter is solid. You must make sure this is well-edited before sending off to a recommender to sign; there were spelling and punctuation issues throughout. Additionally, be more specific about the projects you worked on. You dance around the topics of the research in the earlier paragraphs. You don't have to give a whole elevator speech but giving a one sentence overview (or even half of a sentence) will lend context to your work. With a bit of editing, this will be a very strong letter.