To whom it may concern,

Lauren has been my mentor for the past four years, during which time she has been an invaluable resource in helping me navigate my career goals.

I was first put into contact with Lauren when I had just started at University of California, Davis (UCD), when I had both a nebulous aspiration of going to graduate school and absolutely no idea of how to do so. Listening intently to my research interests, she tempered my trepidation by enumerating the process and giving me an idea of how to move forward.
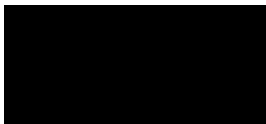
When I was preparing for a research conference, Lauren took the time to listen to my practice talk and provided incisive feedback. When I was looking for additional labs to join, she would send opportunities my way. Whenever our lab had a seminar class, she always made sure to include me so that I could hone my scientific reading/ communication skills.

After I graduated, Lauren continued her longstanding tradition of mentorship when she recommended that I apply for the National Science Foundation Graduate Research Fellowship. Once I had prepared my manuscript, she gave helpful feedback that helped me ultimately secure the fellowship.

As a person with a disability, I am incredibly appreciative of Lauren's commitment to diversity - she has always treated me with dignity and compassion, seeing past my physical impairments to connect with me on an intellectual level. Her words of encouragement make it apparent that she truly wants those around to succeed.

I have now been accepted to the UCD Neuroscience program and I am certain that Lauren's sustained direction has been integral in helping me achieve this goal.

Sincerely,