



To: The Admissions Committee
Date: November 15, 2023
Subj: Recommendation Letter for Maria Vazquez-Coria

I have the distinct privilege of writing a letter of recommendation for Maria Vazquez-Coria. I have worked with Maria since June 2022 when I stepped into my current position as the Executive Director of Washington HOSA. Maria currently serves as the 2022-2023 State President for Washington HOSA and served last year as the 2021-2022 State President-Elect. HOSA is a student-led organization that provides students with the opportunity to develop leadership and professional skills to become leaders in the healthcare community. In this role, she works to create programming and to lead an organization of over 3,000 students from across the state.

Maria is an incredibly hard worker. She consistently goes above and beyond my expectations and provides high-quality work. As an example, during our Fall Leadership Conference, Maria created curriculum and facilitated a leadership workshop walking students through how they can develop their leadership skills to benefit their own home chapters. This workshop was something that she created and took the time to prepare for during her free time and showed a level of educational ability well beyond what most people would expect of a high schooler. She also consistently comes up with new ways for our students to have their voices heard and works to ensure that nobody is left behind during any of our conferences or events. This is mirrored in her schoolwork as she is in her school's Sports Medicine program and has worked to make sure that she understands the concepts and helps others in their pursuit of learning about Sports Medicine. The work she puts into all her assignments shows her dedication and hard-working nature as she works to help others work toward their dream health professions.

Maria is also a dedicated learner. She is willing to put in the extra work to learn new skills and to continuously develop herself as a professional. In my time knowing Maria, I have watched as she managed her time effectively to be able to both participate in and lead conferences while also utilizing down time to complete school assignments and work on additional projects for Washington HOSA. Maria was also one of ten students that were included as part of a Community Anti-Drug Coalitions of America (CADCA) intern during the Summer of 2023. In this role, she represented both Washington HOSA and our parent organization, HOSA – Future Health Professionals, to create a project related to drug initiatives within her own community. Because of this experience, she was able to present her work at a CADCA conference, gaining experience with professional research presentations. This was a project that she took on by herself to learn more about drug prevention in her local community. There are few individuals in which I have seen that type of dedication to learning. Because she is so willing to continually learn and grow, I have no doubt she will excel in any school that she is admitted to.

While serving as a member of the Washington HOSA Student Executive Council, Maria is also heavily involved on her school's campus and in her community. This is all while maintaining an impressive GPA. She has worked to raise money and awareness for different causes for her chapter in Sultan, Washington. She has also attended the HOSA Washington Leadership Academy twice and represented our entire state while she developed leadership and worked to ensure that our members were



represented. At the most recent Washington Leadership Academy, Maria served as an impromptu interpreter for a student from Puerto Rico who was in attendance and had limited English speaking ability. She was not asked to do this. She saw that the student was struggling and reached out to see if she could help using the skills she already has as a Spanish and English speaker. Maria consistently makes sure that the needs of her team and those around her are taken care of. It's in this way that she's incredibly service minded and ensures that those around her are taken care of.

Maria will be a force for positive change wherever she goes. Having worked with her for over a year, I know her to be a young professional with realistic goals, an impressive academic record, an incomparable work ethic and serves as an active role-model as a volunteer in organizations with which she is engaged. She will be an asset to any program, and I heartily endorse her for admission. Please feel free to reach out with any questions regarding her application.

Sincerely,

Elizabeth Carnosi-Hudson

Washington HOSA Executive Director

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