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**Brandi Varnell, RN**

**Health Science & Sports Medicine Instructor/ HOSA Advisor**

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**Sultan WA, 98294**

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Whom It May Concern:

My name is Brandi Varnell, RN and I am writing to you with professional and academic recommendation for applicant Kiana Kypreos.

Kiana began taking my health science classes at Sultan High School when she was a freshman. She continued through the health science track at SHS with the goal of becoming a health care provider. She was actively involved in a progressively rigorous health science course of study from her freshman to junior year, She was also an active member of the HOSA -future health professionals chapter at SHS, for which I am the Advisor. She has gone on to pursue a pre nursing degree earning college credit toward her academic goals while completing high school, and as she graduates is applying into clinical nursing programs. She prides herself on high academic marks and consistently performs at the top of her class.

Over the years I have known Kiana, I have had the pleasure of watching her develop into a true young professional. Kiana is open minded and shows a willingness to understand and appreciate different cultural perspectives and practices. Kiana is an active listener and has the capacity to listen effectively and empathetically. She expresses herself clearly and articulates ideas concisely to facilitate communication in all contexts. She is empathetic, compassionate, and genuinely concerned about the well-being of the people she cares for and the members of teams she works with. The most important thing I can tell you about Kiana, is this young woman is the epitome of integrity. She has a high commitment to ethical principles and upholds the highest standards of professional conduct when she is in any kind of clinical student role.

Kiana was also involved in a state level competition in medical problem solving with two of her peers. This specific competition was designed to address the nationwide blood shortage. Kiana and two of her peers placed third in the State HOSA competition for medical problem solving with their unique and education focused plan for integrating public health education on the value of knowing one's own blood type, integrating free community blood typing and aligning scheduled community blood drives to address the problem. The very next year the plan formed by Kiana and her peers was implemented at Sultan High School as a public health service project to serve our small community.

Kiana possesses a unique combination of academic excellence, strong interpersonal skills and a commitment to making a difference in the future of healthcare. I enthusiastically recommend Kiana for scholarship, and acceptance to university studies. She shows the qualities of a true future leader—and leads with a service focused heart. I know, without a doubt Kiana will make an exemplary student at university and truly be an asset any campus during her time there. Please consider her application with my wholehearted recommendation.

Feel free to reach out to me with any questions at all. My contact information is listed below.

Sincerely,

Brandi Varnell, RN

Brandi Varnell, RN

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