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I trust this message finds you in good health. I'm currently in the midst of applying universities, which necessitates a letter of recommendation from an individual capable of express my work ethic, abilities, and accomplishments. Given our extensive collaboration over the years, I am confident in your capacity to expertise a comprehensive, sincere, and insightful letter on my behalf.

My area of research spans across behavioral epidemiology with specific interest to adolescent and mental health. I would like to investigate health and health promotion issues particularly with respect to Women’s health, sexuality education and prevention of STDs. I wish to participate in community-based research aimed at improving health and also look at the social determinants of health and health communication, mixing both qualitative and quantitative research methods and using implementation science in public health programming and evaluation. The PhD program in Community and Family Health at University of South Florida is the perfect avenue for fulfilling my academic and professional endeavors. The programs’ mission includes advancing health promotion and disease prevention, for individuals, family and communities through education, research and service which is in line with my research interest.

If admitted to UC Davis, I am committed to ensuring my financial stability during the first academic year through various avenues depending on the opportunities available. If selected as a Resident Assistant (RA), I would utilize the provided compensation, including room and board, to support myself. As a Graduate Assistant (GA), I plan to contribute my skills and expertise to the assigned responsibilities while benefiting from any stipend or salary associated with the position. Similarly, if appointed as a Teaching Assistant (TA), I aim to immerse myself in the academic community, leveraging any stipend or tuition remission that comes with the TA role. In all cases, I am dedicated to embracing the responsibilities of the position and contributing positively to the UC Davis community.

**Community Involvement**

Living in Sylhet, Bangladesh, I was fascinated with managing different volunteer associations as a university student to help various communities with their most urgent needs. The experience included working in Jaflong, a beautiful hill station and home of stone workers. My team and I provided education on primary healthcare measures to the community members who were engaged either in the collection of stones or in operating crushers. This indeed improved their health awareness but also showed our commitment to supporting their well-being. Moreover, we were addressing females who were working in the local tea estates; we engaged them in hygiene management so they could improve health while working. We were addressing these key factors so that we could help in empowering them and improving their working conditions.

Professionally, I have been working with the Rohingya-a constantly refugee community. I know that it is very important to build up their trust, and so I became involved in various cultural awareness and education programs catering to their specific needs. We organized health promotion activities, festive events building a sense of community, which would eventually encourage health awareness. Furthermore, I am committed to developing skills for the disadvantaged groups considered in Cox's Bazaar, one of the serious areas affected by tourism fluctuation. During a low season, mostly, natives struggle through; thus, we train people in driving, farming, and agri-business, including handmade jewelry. This has the intention of giving them better earning skills, improving quality of life. These experiences have helped me identify my responsibilities as a community-engaged scholar in the solution of some of the key problems that surround me.

Overcoming Social, Economic, or Physical Barriers

Overcoming social, economic, and physical barriers has been a personal journey for me, having emerged from a financially disadvantaged background with the untimely loss of my father during my education. Despite these challenges, I have actively pursued my academic goals by taking on tuition work to fund my studies. This experience has not only strengthened my resilience but has also instilled in me a profound determination to transcend obstacles and pursue a brighter future through education.

**Self-Motivation**

Being the first graduate in my family, self-motivation has driven my academic journey. Immediately after college, nobody was there to tell me what next. My father and elder brother asked me to go back to our village and continue with our family business, but I had different ideas. I stayed in a hostel so that I could concentrate more on my studies and prepare for the admission test to enter a public university.

I studied diligently in the hostel, as well as sought help from friends. It bore fruit in securing a position within Shahjalal University of Science and Technology's top 600 in rankings among over 60,000 contenders. Even though this process had been fraught with financial obstacles, my inner drive led me through the challenges.

This intrinsic motivation remained and continued driving me into other voluntary research that I published a number of articles despite the absence of any facilitation from the financial point of view. Living in a country where few people engage in research, I have been surrounded by people who told me, "Why do you waste your time doing research? You need to find a formal job." I started working independently on my research and gradually and progressively building up experience that attracted collaboration offers from senior scientists.

My personal and professional journey reflects my commitment to goal setting and working independently towards their realization. I believe in the power of dissemination of knowledge to bring change. Satisfaction from the research publications testifies to the effectiveness of self-motivation in personal and professional growth.

**Leadership**

Leadership is the desire and capability to inspire others while helping them succeed. One important experience that highlights my leadership skills happened during my time at Shahjalal University of Science and Technology (SUST). I was the university ambassador for the Clean-up Campaign "DESHTAKE PORISHKAR KORI"-let's clean up the country and represented SUST in the “Worldwide Organization for Charity” as well as the “English Olympiad”. During these times, I was in charge of my university team and facilitated several programs. I led university team in organizing activities to create awareness about environmental issues and English practice. In this role, I respected and appreciated the unique strengths of my team members, offering them an opportunity to be all ears. Such motivation and teamwork ensured participation throughout the campus.

Later, as the head of SUST University Research Center, I led several projects for the Ministry and the University Grant Commission. This is where my emphasis on open communication and teamwork ensured that all these initiatives were successfully executed and completed within their stipulated timeframe. Later, during my research career, I continued showing leadership by leading several research teams. I conducted multiple workshops on research methodology and statistical programming languages such as R and SPSS that helped team members enhance their valuable skill sets. I also engaged as a mentor in the Autumn 2020 Research Internship Program by mentoring students in their respective research pursuits.

Also, through professional work, I led a team of four Rohingya volunteers who are focused on data collection in health. This has shown how it is possible to bring together people from diverse backgrounds for the same goals. These have furthered my conviction that true leadership is in an individual's relation to the strengths of people and in inspiring them to work together in striving for common, meaningful objectives.

**Accountability and Responsibility**

I have lived a life that emulates accountability and responsibility at every phase of life, since these ring a bell in the realization of success both academically and professionally. I adhered to university policies, respected teachers as a class representative for a long period during my college days. This helped me gain good relations with the other students and also the staff, and it also helped to bridge any gap in communication between them. I also received appreciation from my instructors for meeting deadlines and maintaining a good attitude.

Throughout this research experience, I worked with teams across Europe, America, and Asia for more than seven years. All of these experiences have reinforced my accountability because I ensured each project was right on time, with the guidance of my advisors in each step. I learned to take full responsibility for every task assigned to me, recognizing that my performance directly impacted the success of the group.

I find myself professionally in the MEAL team, whereby I know I am responsible not only to my supervisor but also to the beneficiaries of the projects. We use feedback mechanisms so that we know where we have to improve and to further consolidate such understanding of responsibility within a team environment.

These experiences have taught me that accountability is not just about fulfilling obligations but also taking responsibility for my actions and being cognizant of the effects those actions have on others. In graduate study, I am committed to applying these lessons and ensuring that I am a constructive contributor to my research group and to my own learning journey.

**Capacity for Self-Improvement**

My personal adversities and ambition have instigated a relentless resolve to improve myself. During the undergraduate college years, I supported my education through tutoring while pursuing a double major in Computer Science and Engineering. The days filled up completely from morning to classes at 9 PM, hardly leaving any time for tutoring. In spite of that, each night I studied and did competitive programming, participating in ACM ICPC competitions that really shaped my problem-solving skills.

My self-improvement did not stop at academics. Volunteering for underprivileged communities opened my eyes to social problems and gave a spark of passion for developing impactful programs. In order to enhance my leadership and organizational skills, I joined several student organizations and learned a lot from my peers while organizing events on campus.

Limited support and critical feedback, or problems with problems arising during my research work, were overcome through active seeking of constructive comments from senior colleagues, which helped me to improve skills and extend knowledge. These accordingly deepened into deeper learning concerning collaboration on academic papers that allowed me to publish despite the financial constraints.

Additional growth came from serving as a Management Information System Officer. Working with donors and supervisors taught me new ways of reporting and managing data. All these experiences have helped me to realize my strengths and weaknesses, increasing my capacity while also acknowledging the areas I needed to work on. The driving force for my continued contribution, whether at a community or professional level, is my resilience, curiosity, and commitment to lifelong learning.

**Inclusive Excellence**

My commitment to inclusive excellence closely aligns with values at the Graduate School of the University of Louisville. I firmly believe that diversity, equity, and inclusion are salient ingredients in making an intellectual environment both supportive and stimulating. I have taken extra steps throughout my journey to be actively engaged with marginalized communities. Interaction with the stone workers and women in the tea estates developed a deeper understanding of their special needs and thus enlightened me with the need to promote health education and hygiene practices. This not only tended to immediate needs but empowered community members with resources, hence fostering my belief in equal opportunities in access to resources.

My work with the Rohingya community further exemplifies my commitment to inclusivity. Learning to build trust and address their needs, I developed an understanding of cultural sensitivity-a matter so crucial in effective advocacy. Such experiences inscribe on me the motivation to conduct research focused on social justice issues and, therefore, make graduate study a crucial step in my career. I also ensured to inclusion of disability, inclusion of all gender, and inclusion of all age, when I served on that community.

I believe in collaboration in academia through the pursuit of partnerships with peers and mentors from varied backgrounds. This is achieved through leading research teams and workshops that embrace an inclusive environment where variations in perspective are highly valued-fitting into my aim to forge ahead with knowledge, yet with regard to mutual respect. In my team, I tried to empowered girls and women in research field. Community engagement through diverse populations, in addition to keeping ethical practices, has been my aim to help me contribute meaningfully to my field and take a stand to promote social equity during graduate studies.

Personal and/or professional ethics

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Maintaining strong personal and professional ethics is paramount in my role as a researcher, particularly when handling confidential health data within the Rohingya community. Upholding strict ethical standards ensures the privacy and trust of the individuals involved, reflecting my commitment to responsible and respectful conduct in both personal and professional spheres. Adhering to ethical guidelines fosters a sense of integrity and accountability, essential elements in contributing positively to research and community-based work.

Recognition of achievements over time

The recognition of my achievements over time has been marked by a prolific research journey initiated in 2019, resulting in the publication of over 30 scholarly works, which have garnered approximately 500 citations. Simultaneously, in my professional career, I have experienced upward mobility, earned promotions and advancing to higher positions by changing organizations and accumulating valuable experience. These milestones collectively underscore the acknowledgment and appreciation of my contributions and growth throughout my academic and professional pursuits.

My life/ **Resilience and Adaptability**

Resilience and determination have shaped my journey, emanating from my lower-middle-income family in Bangladesh. Financial constraints coupled with inadequate supervision at times made me contemplate quitting during my academic pursuits; however, family support helped to drive me to complete my 12th grade. Even then, the future was quite uncertain without the admission to a public university.

I started taking up tuition to support myself and managed to survive on public halls. Then came the turning point as a bolt from the blue when my father died, leaving me with the onus of supporting my family. I joined a private job, and with persistence, it took three years to settle our financial lives.

Now, I am in a position where my foundation is more stabilized, thus giving me the opportunity to pursue higher studies and strive for a PhD. My experiences instilled in me perseverance and the ability to overcome adversity. I look forward with enthusiasm to contributing to my country's progress while aspiring for a higher position in my career once I complete my degree.

My resilience and adaptability have proven quite vital in research. I have faced tight deadlines, sudden challenges, and issues such as problems in data analysis and absence of team members. In such situations, I used to take on the leadership task by staying overnight to meet the deadlines for submissions or changing topics, if necessary. If needed, I would write to the editors to request extensions, always secured to finalize our work. These experiences have fortified my capability to perform well under tension and deal with priority conflicts.

For job purposes: Green Hill, Food for the Hungry, Partners in Health & Development

University Voluntary Organizations: KIN, SUST Science Arena, Sonchalon, English Olympiad

Undergrad voluntary researcher: University Research Center, SUST

Other Organizations: OGIVE Analytics, Chittagong University Research and Higher Study Society, Biomedical Research Foundation