



UNIVERSITY OF
CENTRAL
ARKANSAS™

November 3, 2021

Dr. Becky J. Smith Scholarship Application Committee
Dr. Becky J. Smith Undergraduate Student Scholarship

Dear Selection Committee Members,

I am delighted to write this letter of recommendation for Alyssa Theroux, one of the most professional student representatives of our majors here at the UCA Department of Health Sciences. Ms. Theroux would bring many strengths if chosen to represent the Dr. Becky J. Smith Undergraduate Student Scholarship. She also would be a recipient who would make excellent use of her learning experiences funded by the scholarship program(s) in the future. I give Ms. Theroux my highest recommendation for your scholarship opportunity.

She has great initiative and the ability to work well both independently and as part of a team. Alyssa was one of my very first advisees here at UCA. I have followed her work both inside and out of class since that time. Alyssa is currently both a senior and a full-time UCA student. When faculty are asked to provide names of quality students, Alyssa is always one of the first students mentioned by multiple faculty for awards, scholarships, and professional projects outside of the classroom setting. Even with her multiple minors, complicated major, and numerous activities, she had maintained a 4.0 grade point average. She consistently sets an example for other students to follow in both the academic and volunteer settings. With her impeccable interpersonal skills, outstanding leadership aptitude, and optimistic attitude, I feel Alyssa would be a great recipient for a scholarship.

As her advisor I have followed her academic progress over several years, that has resulted in her 4.0 overall GPA. According to her professors, she has the ability to be concise, thoughtful, meticulous, and informative in her writing style. She shows excellent judgment in choosing resources to make her point and expresses her point of view quite well. She has three minors (Business Administration, French, and Health Psychology) while maintaining her position as one of the top students I advise in our health education/promotion program here at UCA. Alyssa's work reflects her organizational skills and ability to think critically, creatively, and reflectively. She is a President Leadership Fellow, received distinction as a Deans List Presidential Scholar, and is an AP Scholar as well.

During her time here at UCA, Alyssa has already accomplished many things. Alyssa is a member of the Lead Team, the Food Recovery Network, Wesley Foundation, Health Sciences Club, ARSOPHE, and the Delta Zeta Sorority. She participated in the colloquium with the Arkansas Center for Research in Economics and has tutored students in French. As an active volunteer and/or participant, she has worked with Relay for Life, Pre PT Club, ACRE Book Club, Intramurals, BIT Club and more. She currently works in the field as an intern at HealthTech Arkansas and has done so since 2020. She currently serves as a Student Associate for the School of Business, where she is a peer mentor for freshman business majors. Her aptitude and desire to experience leadership and community service skills are well documented within the academic, community, and campus communities.

I feel Alyssa Theroux is an excellent candidate for the Dr. Becky J. Smith Scholarship, as she exemplifies the characteristics, skills, and traits that you are seeking to represent the health profession. Alyssa has been a joy to work with both inside and outside of the classroom. Please feel free to contact me if you need any additional information or have any questions.

Sincerely,

Anita Sego, PhD, MCHES

DEPARTMENT of Health Sciences

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