

October 29, 2021

To Whom It May Concern:

It is my honor to recommend Nicole Haugen for matriculation into the Dr. Becky J. Smith Scholarship. I have had the pleasure to know and work with Ms. Haugen as an AmeriCorps Member with the AmeriCorps Youth Transition Project, AmeriCorps Program. Ms. Haugen serves as our Independent Living Mentor at The Arc Jacksonville in Florida.

Ms. Haugen began her service with The Arc Jacksonville, which is an organization that helps people with intellectual and developmental disabilities (IDD). At The Arc Jacksonville, the individuals we serve want what we all want. A place to call home. A good education. Meaningful employment. A supportive community with opportunities for socializing, recreation and independence. Whether they are working at jobs in the community, learning how to live independently or participating in a variety of recreational programs, our participants enjoy a full range of life experiences in a nurturing and supportive environment.

During our time together Ms. Haugen has been responsible for providing one on one and group sessions to students at University of North Florida to increase their independent living capacity and social inclusion. In the sessions, she covers topics on wellness goals, meal planning, fitness goals, financial goals, budgeting, and mental health. Nicole is well versed in the stages of change health model for behavior change and is using it to analyze where the students are to where they want to be before the end of the service term. In order to do this she also is responsible for evaluating pre-post test data to examine if her intended interventions are working or where there could be improvement. Nicole has vast knowledge in the realm of public health which has been imperative when serving our clients.

Nicole always has a positive attitude and strong work ethic. Her combination of commitment, creativity and teamwork, will certainly make her a valuable member of any academic scholarship. I encourage you to look favorably upon her application.

With Sincere Thanks,



Sherry Carlin

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