



UNIVERSITY OF  
CENTRAL  
ARKANSAS™

COLLEGE OF HEALTH &  
BEHAVIORAL SCIENCES

November 5, 2021

Dear Becky J. Smith Undergraduate Student Scholarship Committee:

I am pleased to recommend Alyssa Theroux, whom I have had the pleasure of teaching and personally working with since the Fall 2020 academic year, for the Dr. Becky J. Smith Scholarship. I first met Alyssa when she eagerly approached me about studying abroad through the Department of Health Sciences, and I am currently her professor for two of her major classes. Despite the cancellation of study abroad last year, Alyssa's determination to expand her knowledge and global understanding has led her to apply again. After knowing her for the past year and having her in multiple classes, I am eager to have her along because, quite frankly, she is a wonderful leader, a magnet for optimism and gets things done.

As Alyssa's professor, I have seen how her strong work ethic, innovative thinking, and optimism has helped her succeed within my class and in her extracurricular leadership positions. Alyssa's enthusiasm, communication skills, and team-orientedness creates a positive environment for other students and raises class morale. I have appreciated her leadership in my Program Planning and Evaluation class as we are in groups the entire semester. She has naturally taken the leadership role within her group, which is helpful not only because of her skills in that area, but also her passion for and dedication to Health Promotion. This type of contribution and passion for our discipline makes Alyssa a wonderful ambassador for our program and deserving recipient of the scholarship.

Alyssa also has an empathetic nature and desire to help others, which I know is what drew her to Health Promotion. The passion for Health Promotion mentioned above is reflected in her internship as Program Coordinator at HealthTech Arkansas. Alyssa has held this internship position since June of 2020, and as such has made meaningful connections within her line of work and academic studies. In addition to her internship, Alyssa also works two on-campus jobs as a Student Associate for the Living Learning Communities and part-time tutor through the Department of Student Success.

Post graduating this year, Alyssa plans to pursue an MS in Health Promotion at the University of Central Arkansas and has expressed interest in serving our community as a Graduate Assistant as well. Beyond

her undergraduate major in Health Promotion, she is also triple minoring in Business Administration, French, and Health Psychology, which she plans to use as a means to better serve the global health community and teach healthy behaviors to others.

In addition to her academic responsibilities, Alyssa's commitment to leadership is shown in her participation in President Leadership Fellows, Lead Team, the Delta Zeta Philanthropy Committee, the Food Recovery Network, Wesley Foundation, Relay for Life, Health Sciences Club, and the Arkansas Society for Public Health Education. Alyssa has participated in four reading groups and a colloquium with the Arkansas Center for Research in Economics and has volunteered tutored students in French since her Freshman year of college.

Alyssa Theroux is an excellent candidate for the Dr. Becky J. Smith Scholarship as she exemplifies academic achievement, valuable leadership traits, and an unwavering commitment to the field of Health Promotion that you are seeking. Alyssa's studious participation within the department leaves her greatly deserving of this scholarship, and I have no doubt that she will continue to give to the field of Health Education and Promotion in as she continues to promote social justice and equity for students, those in the workforce, and those in leadership. Therefore, I give my highest recommendation to Alyssa Theroux as recipient of this scholarship. Should you have further questions, please email me at [denised@uca.edu](mailto:denised@uca.edu)

Sincerely,



Denise Demers, Ph.D, CHES.  
Associate Professor  
Department of Health Sciences