



November 29, 2023

Dear Selection Committee,

I am writing this letter to highly recommend Dequia P. Rainey for The Dr. Becky J. Smith Scholarship. As her academic advisor at the University at North Carolina at Greensboro, I have had the privilege of witnessing her outstanding dedication, academic achievements, and professional growth throughout her pursuit of a Bachelor's degree in Health Studies.

Dequia 's academic goal is to obtain a Bachelor's degree in Health Studies with the aim of increasing her leadership role as a Community Health Worker (CHW). She envisions playing a pivotal role in eliminating barriers for her teammates and the patients she serves. Furthermore, Dequia aspires to bring a fresh perspective on the Social Determinants of Health (SDOH) to the enterprise she works for, contributing to a more comprehensive understanding of health and wellness.

Among the strengths Dequia possesses are exceptional interpersonal skills, attention to detail, organizational prowess, resourcefulness, reliability, proactivity, and creativity. Her ability to work both independently and collaboratively in a team setting is a testament to her understanding that effective leadership requires a balance of both skills. An exemplary demonstration of her planning and organizational skills can be observed in her professional career, where she meticulously organizes her time to fulfill work responsibilities and successfully complete academic assignments.

Dequia's interest in The Dr. Becky J. Smith Scholarship stems not only from the opportunity it presents for personal and professional growth but also from the potential to positively impact her financial situation, ensuring she can continue pursuing her education. This scholarship holds the promise of transforming Dequia's academic journey and providing the support necessary for her to excel.

Furthermore, Dequia is deeply committed to addressing the burnout issues within clinical and community-based settings. Recognizing the challenges posed by a return to pre-pandemic mental health practices and a lack of a healthy life/work balance, she is determined to bring

about positive change. Her compassion, empathy, interpersonal skills, and determination position her as a valuable advocate for both colleagues and patients alike.

In conclusion, I wholeheartedly recommend Dequia P. Rainey for The Dr. Becky J. Smith Scholarship. Her combination of academic excellence, professional achievements, and commitment to community health makes her an ideal candidate for this prestigious scholarship. I am confident that she will continue to make significant contributions to the field of health studies and community health.

If you have any further questions or require additional information, please do not hesitate to contact me at edpayton@uncg.edu.

Sincerely,

A handwritten signature in dark ink, appearing to read "Erica Payton", with a stylized flourish at the end.

Erica Payton Foh, PhD, MPH
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University of North Carolina at Greensboro