

Application Related Information

Application: Application Verified
Grad Program Applying To: MES

Iteration Name: 202510_GR_G
Program Name: MES

Recommendation Information

Recommended By: Kindra McDougall
Recommenders Institution: Acrobat Doc PLLC
Waive Access to Recommendation Ltrs: I choose to waive my right to review this recommendation.
Recommendation Form Submitted: ✓

Recommenders Title: Doctor of Physical Therapy
Contact Name: Kelly Carter
Recommendation Waiver Choice:
Recommendation Status: Received

Received Date: 05/31/2024 12:37 PM
Recommendation Type: General
Recommendation Entity ID: 1024000118354817

Recommender Assessment: I recommend this applicant.
Recommender Form: Letter of Recommendation
Recommendation Owner: Josephine Bernier

Recommender Form Questions

How long have you known applicant:	Applicant ability as self-directed learner:
Time since last contact with applicant:	Applicant as productive member of group:
Relationship with Applicant:	Applicant most significant strengths:
Ability to complete rigorous grad program:	Responsibility/reliability:
Communication Skills - Oral:	Communication skills - written:
Service Orientation-sensitivity/empathy:	Ability to work independently:
Ability to handle stress:	Ability to think critically:
Ability to analyze/problem solve:	Ability to think creatively:
Openness to feedback:	Potential for leadership:
Ability to work in a team:	Personal/professional reflection:

Description Information

Description:

Form URL: <https://evergreenstatecollege.radiu>

Other Information

Created Time: 04/30/2024 03:35 PM
Modified Time: 05/31/2024 12:37 PM

Created By: Josephine Bernier
Modified By: Josephine Bernier

MES Program Recommendation Kelly Carter

To the Interviewing and Application Team:

I am writing this letter to support your consideration of Kelly Carter as a candidate for your Master of Environmental Studies Program. I have had the pleasure of knowing and working closely with Kelly since 2022 at the Tumwater Proactive Physical Therapy location. I am a full time physical therapist and Kelly was my lead physical therapy aide. This is likely a non-traditional relationship for someone to write a letter of recommendation for an MES Program, but I feel Kelly exemplifies characteristics and qualities that will make her not just a perfect fit for your program, but also an asset to the community after completion of the program.

As I have observed Kelly in various settings including at Proactive, on a sports team, and interacting with peers, I can attest to the superb nature of her interpersonal skills and her ability to work as a team member. Due to her passion for helping others and her drive to learn, she quickly became one of our lead aides and was involved with training new aides throughout the year. Kelly was gracious with each new aide and was respectful of others' opinions, points of view, and learning styles. She exhibited great patience while working with the new hires and was very creative in her ability to change her language and style of teaching to suit each person she was helping onboard. She uses her communication skills and listening to connect with her co-workers on a deeper level. She has really helped foster a team environment where everyone is involved and feels comfortable and supported being themselves. Her drive and her interpersonal and communication skills will really help her succeed in a MES Program and as an environmental scientist who works with a team and the community to promote a better understanding of our environment and how to protect it. She will be a great person for her classmates to lean on if they are struggling with the rigor of a master's program or an outside life event.

I have also had the pleasure of hiking trails with Kelly and her two pups. She exhibits the same deep passion, care, and understanding when out in nature. She is observant, listens to her surroundings, and deeply connects to the world around her. She is able to point out various animals that would have been camouflaged to anyone else. One time we were walking the boardwalk in Olympia to grab coffee and she suddenly paused, bent over, and pointed out a trail of leaf cutter ants. We stopped to enjoy them and soak up some sunshine. Kelly was so at peace while she observed the little ants hard at work. Her awareness and her desire to share what she sees with others will truly make her an asset to our community while she is in school and after graduation when she has an opportunity to put what she learns to use.

Kelly also exhibits an authentic intellectual curiosity, seeking to inform herself in the best way possible. She has been the consummate professional—engaged, focused, and genuinely interested in deepening her understanding of the environment she is in and the job at hand. When Kelly first started as an aide, she wanted to get the most out of the experience and thoroughly

MES Program Recommendation Kelly Carter

gain an understanding of whether or not the medical field was for her. Unfortunately for my patients and colleagues, I am sad to say I won't get to call her a Doctor of Physical Therapy one day, but I am so excited to see where her desire for the outdoors will take her. Kelly realized her passion was not in the PT field, but rather out in nature and how she could make the world a better place for our patients through her love of the environment. Working together at Proactive, she continually asked questions to help her learn new information and pick up on the required skills of an aide as quickly as possible. She developed clinical decision making skills. She always tried to learn about the pieces needed to provide patient centered and evidence based physical therapy care. When she had down time as an aide, she took the initiative to work with one of the PTs and their patient. She observed, asked the patient questions, and asked the provider questions. She was eager to jump into helping with modalities and exercises with patients as much as possible. She is ahead of the game with building her clinical decision making and critical thinking. Outside of the clinic, Kelly will be able to use these skills in a Master's Program in order to excel and make the world a better place.

Throughout her aide work, Kelly demonstrated her willingness to accept feedback, reflect on its purpose and intent, and act on it to improve any outcomes it might impact. As you have likely seen from her application, while in undergrad, Kelly held a job while participating in college sports and studying. While she has been an aide, she has simultaneously been involved with the Puget Sound Estuarium, furthering her education, and volunteering to seek more experience hours in various environmental settings. As you could imagine, this easily gets very stressful and managing her stress and time is something Kelly has significantly improved on over the past few years. She has developed great communication skills to let the PTs know if she is feeling overwhelmed and has taken strategies and criticism from each of the providers to help her better manage this feeling and improve her ability to work with patients without overextending herself. She has become a rockstar lead aide. I have no doubt that Kelly will be able to handle and excel in your rigorous MES Program.

Absolutely and without reservation, I recommend Kelly Carter for your MES Program. She is exceptional. I have closely collaborated and mentored Kelly at Proactive and continue to serve as a mentor outside of work as she journeys on to bigger and better things. She will undoubtedly go on to great contributions in her lifetime and will serve the environmental studies world wholeheartedly.

Thank you for your time and consideration of Kelly. If you have any further questions for me, please do not hesitate to call or email at any time.

Sincerely,

Kindra McDougall PT, DPT

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