



January 30, 2026

To Whom It May Concern,

I am writing to strongly recommend Connor Proefrock for the TCI Foundation Scholarship. Connor was a student in my AP Chemistry class during his junior year and during this time demonstrated his superior ability in every aspect of the class including problem solving skills, logical processing, scientific literacy, and laboratory investigations. His natural abilities in science coupled with his work ethic led him to earn a five on the AP Chemistry exam, which is a feat achieved by only 17% of students internationally who took this exam.

Connor performed at the top of his class on almost every homework assignment and exam given in AP Chemistry. I could always count on him to participate in class whether it was by answering questions, asking his own well thought out questions, or helping a classmate who was struggling. Despite his consistent success, Connor always remained humble. He was concerned with his grade but was more concerned with understanding the material, as evidenced by his detailed note taking and high level questions. He was very independent and self motivated when it came to completing work in the class, and I believe he is one of the most naturally talented students I have taught in my eighteen year career.

His academic accomplishments should never overshadow Connor's personality and drive to succeed. Connor has struggled through health issues in the past, and this has created some anxiety for him. Instead of letting that negatively impact him, he worked throughout the year to recognize when he was feeling overwhelmed and made an effective plan to combat this. His maturity and self awareness improved drastically throughout his junior year and it was heartwarming to see his growth. As a young man with an autoimmune disorder, Connor has expressed the importance he places on kindness and inclusivity, and this is evident in every aspect of his life.

Connor also excels outside of the classroom as a member of the cross country team, indoor track team, and Track and Field team. He is active in his community as a volunteer at a local dog shelter and a youth mentor. Connor took it upon himself to host a science themed camp for elementary school children this past summer, where he planned lessons and activities for the students to enjoy. He is also an active member in Science Honor Society, and is researching and presenting to his peers how the Laws of Motion apply to activities in everyday life. He was tasked with choosing his own topic and his interest in engineering and how it affects us on a daily basis is evident in his choice.

Connor has expressed an interest in pursuing a career in mechanical engineering and I have no doubt he will succeed in all of his endeavors because he will approach them as he does everything, with skill, an unwavering work ethic, and with attention to detail. Connor deserves every opportunity to attend his dream university and pursue his aspirations of becoming an engineer. This scholarship will help make this dream a reality.

Sincerely,
Kristina Tomei