

February 26, 2026

Dear Tall Club International Scholarship Committee :

As I have been Lauren's school counselor since freshman year, it is with great pleasure that I recommend her for the Tall Club International Scholarship. In terms of academics, Lauren has challenged herself with a demanding schedule that includes several Advanced Placement courses, as well as participation in a rigorous off-campus medical program for high school students at one of our local hospitals during her senior year. Called New Visions/Connections: Health Related Careers, students spend almost their entire day at the hospital, getting the opportunity to observe practicing medical professionals as they interact with colleagues, patients and families. Lauren is also responsible for completing academic work including documentation of clinical experience and observation, healthcare topic case presentations, topic specific research papers and debate, among other assignments. Clinical Rotations can include medical and surgical acute care, infection control, diagnostic imaging, primary care, critical care, pharmacy, and research. Her advisor has commented that Lauren has demonstrated maturity, curiosity, and a strong commitment to learning, all attributes that should serve her well in her intended path of Health Sciences.

Lauren's passion for healthcare is both deep and genuine. Through shadowing experiences at Excelsior Orthopaedic, summer enrichment programs at ECMC and the University at Buffalo, and participation in the New Visions program, she has explored a variety of medical fields, always eager to learn more about patient care and the science behind medicine. Her empathy and interpersonal skills are evident in her volunteer work at a local skilled nursing facility, where she engages residents in recreational activities. These experiences have not only deepened her understanding of the medical profession but have also reinforced her compassion and desire to make a difference in others' lives.

Outside of academics and volunteer work, Lauren is an accomplished athlete. She has been a member of the Girls' Varsity Volleyball for two years as well as participation on a travel volleyball club throughout high school. Lauren is even considering continuing club volleyball while in college. In addition, she is a dedicated figure skater, and has used her skating abilities to volunteer with SABAH, an adaptive skating organization that serves individuals with disabilities.

Lauren's ability to balance a demanding academic load, athletic pursuits, and meaningful community involvement is a testament to her exceptional time management, work ethic, and integrity. She brings enthusiasm and a collaborative spirit to everything she does. I am confident that she will contribute positively and significantly to any college community she joins and that she will continue to pursue her goal of entering the medical field with the same determination and compassion she has already shown. Given what I know about Lauren, I highly recommend her for this Scholarship. I think she would be a great recipient of such an honor. Thank you for your consideration.

Sincerely,



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