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December 14, 2024

***RE: Stephanie Sadownik (Recommendation Letter)***

To Whom It May Concern:

I am pleased to provide a recommendation for Ms. Stephanie Sadownik. I served as the course instructor for Stephanie when she was enrolled in PSYC 6104: A Biopsychosocial Approach to Counselling in the Masters of Arts Counselling Psychology program at Yorkville University in Summer 2024.

Stephanie distinguished herself by ensuring her assignments were detailed and submitted in a timely manner. She has consistently showed a desire to learn more about the intersecting biological, psychological, social, and cultural factors that impact an individual. Stephanie completed three different assignments in evaluating how these various factors affect an individual's mental health. In her fourth and final assignment, she wrote paper on a biopsychosocial and culturally responsive and social justice approach examining generalized anxiety disorder in a case study. Stephanie effectively identified several factors in each of the dimension's contribute, facilitate and maintain a presenting problem.

Overall, Stephanie is highly intelligent and motivated. She thrived in a virtual learning environment as she demonstrated independence and self-discipline. Her assignments were submitted on time and there was evidence of critical thinking in her assignments. She was highly proficient in applying course material to her case studies and had strong participation in the weekly discussions.

Stephanie brings knowledge and experiences from her professional career as a Special Education Teacher, Math/Science Teacher, Health/Safety Teacher, and Information Technology Coordinator. In addition to the degree that she is currently pursuing at Yorkville University, she has also earned an MA in Leadership Studies and a Ph.D. in Curriculum, Teaching, and Learning/Knowledge Media Design from the University of Toronto. Her hard work, dedication, and perseverance demonstrate that she will strive in her endeavors. If I can be of any further assistance, or provide you with any further information, please contact me at [jprotivnak@yorkvilleu.ca](mailto:jprotivnak@yorkvilleu.ca).

Sincerely,



Jake J. Protivnak, Ph.D.  
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