

December 11th, 2025

To Whom It May Concern:

RE: Reference for Stephanie Sadownik

I am writing this letter with intention in support of Stephanie Sadownik in regards to the Master of Arts in Counselling Psychology. I have had the opportunity to work closely with Stephanie who has been enrolled as a learner for the past seven weeks in the Additional Qualification (AQ) course of Guidance and Career Education, Part 1 at the Ontario Institute for Studies in Education (OISE).

Over the course of the AQ, Stephanie demonstrated professionalism, dedication, and a commitment to student success through the role of a teacher, and more specifically, in the role of a Guidance Counsellor. Stephanie's discussion posts, and assignments have demonstrated a strong understanding of equity, inclusion, diversity, accessibility and decolonization through a holistic approach. For the final project of the course, Stephanie developed a Guidance and Career Resource Catalogue that was curated using a vast number of websites to showcase an on-going commitment to student centred learning, in particular a study developed about Implicit Biases in Intelligence. Throughout the course, consideration of diverse student populations and family dynamics have contributed to demonstrating her commitment to creating a safe, inclusive and welcoming space for both students and families.

Stephanie continually engaged throughout the course in a reflective practice, and I am confident that she will continue to make contributions as an educator to bring a growth mindset, along with integrity and empathy within her professional learning and contribution to a school community and teaching profession.

I wish Stephanie the best in her future endeavors. It was a pleasure learning alongside Stephanie in my role as a Facilitator in the Guidance and Career Education AQ course.

Please feel free to contact me for any further questions.

Warm regards,

Cayla Sahadath

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