



April 3, 2019

Recommendation for Ms. Veronica Tingzon

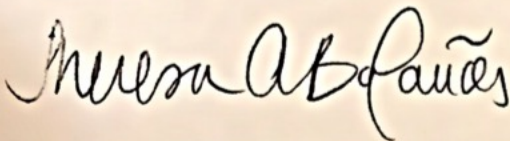
It is my pleasure to recommend Ms. Tingzon for the National Society of Leadership and Success (NSLS) Academic Excellent Scholarship and the NSLS State of Mind Award. Ms. Tingzon is an outstanding candidate for the NSLS State of Mind Award as she conceived and helped develop an 8 week (one 2 hour workshop per week) TEAS Preparation workshop for prospective nursing students at MiraCosta College. Ms. Tingzon recognized that this learning opportunity that could immensely benefit future nursing at our college, especially those with little to no funds to professional exam preparatory sessions. With her commitment to helping as many fellow nursing students succeed, so they can one day help others, she tenaciously thought through the programming piece and presented her proposal to myself, as the STEM Center Coordinator, for consideration and implementation. For the past three semesters, I have received numerous words of thanks from students participating in the TEAS Exam Preparation Program in the STEM Center, thank us for designing a highly effective support program that is helping them succeed on the nursing school entrance exam. Of course, the thank you messages should be directed to Ms. Tingzon, for her insight into how best to serve and meet the needs of our community of nursing educators. This past Fall 2018, the MiraCosta STEM Center won a Diversity Award, celebrating all of our academic support program and success geared towards our STEM and Allied Health students. Included amongst the work submitted for award consideration was the TEAS Exam Preparation Program. MiraCosta College is grateful for the suggestion and assistance in implementing this highly successful program. We will continue to offer it twice a semester, as we have this past semester to meet demand and busy student schedules.

It has been a pleasure to work with Veronica the last 18 months ago. A diligent student, she studied often at the MiraCosta STEM, when she was completing pre-requisite science coursework to the nursing program. She was a great example to others, but using our drop-in tutoring program and group study rooms to ready herself for the nursing exam. She met many peer students in the STEM Center and it was very common to see her engaging with them and encouraging them to continue to work hard to meet their educational goals. For this positive (unpaid and unplanned) mentoring of fellow nursing peers, I am grateful. She filled in a gap in our newly opened Center that we do not know we were missing until her leadership entered into the picture. Veronica, herself, credits the TEAS Preparation Program for helping her achieve a grade above 90% (which is very difficult) on the TEAS Exam and is now scheduled to lead these academic preparation sessions in our next session. Her idea has helped and will continue to help this community of MiraCosta (and beyond, as other neighboring pre-Nursing students are started to participate in this FREE program) students to achieve better test scores, hence improving their chances of being selected into either our nursing school or one of the other community nursing colleges; which are incredibly competitive in California. Please know that you will not meet a more capable, dedicated and highly motivated student than Ms. Tingzon. Her work as a certified lactation consultant (15 years) has propelled her to work with many women during the vulnerable time post childbirth. She is tireless in lactation education and has worked with several organizations such as San Diego State University's Research Foundation, Tri-City Medical Center, Sharp Mary Birch Hospital for Women, etc. She has also been invited to many speaking engagements, including California's WICC

Conference, KGTV - Channel 10 News, San Diego Breastfeeding Coalition Education Series, invited lecture in the Child Development Course at MiraCosta and the University of San Diego - Hahn School of Nursing. Ms. Tingzon has also created a weekly podcast called Mommy's Milk and More, where she has record many lectures for breastfeeding mothers. Always eager to give back to the community and her others obtain success and happiness, Ms. Tingzon enjoys working with all. Her ability to speak Spanish and French, in addition to English, provides a level of comfort when working with families whose first language is not English. Ms. Tingzon is authentic in all she does and she considers herself most successful when she is assisting other. I look forward to success for Ms. Tingzon as she finishes nursing school, becomes a NICU Nurse and ultimately a Nurse Practitioner in OB, NICU, or Family Medicine.

With outstanding achievement in and out of the classroom, I believe Ms. Tingzon is an exemplary candidate for NSLS State of Mind Award and academic scholarship. It was a pleasure to have worked with Ms. Tingzon and I look forward to continued academic success for her. With these and the other qualities I have mentioned above, I respectfully submit my absolute highest recommendation for Ms. Tingzon. Please do not hesitate to contact me if you require additional information. Thank you for your time and consideration.

Sincerely,

A handwritten signature in black ink, reading "Theresa A. Bolaños". The signature is fluid and cursive, with the first name "Theresa" and last name "Bolaños" clearly legible.

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