

An experience with enough power to change you can be painful and grateful. I have found that after the dust settles and you endure the pain to come out the other side grateful. I was a go getter in high school, I finished my required credits for high school by the end of my junior year. Since my high school requirements were achieved, I signed up to start college my senior year through a program called, Running Start. In my newfound freedom, I began to spend my time with the wrong people and this decision began my year and a half battle with opiates. I had been sent to a detox facility and then enrolled in an out-patient program, none of which was by my choice. I had missed my finals to graduate to the second year of the associates program. After becoming clean, my amazing instructors who believed in me, provided me the opportunity to take my finals. I passed and did well for some time but had slipped and fell deeper down the hole over the summer break. I was kicked out of my parent's house and cut off completely. If it were not for their tough love, which I whole heartily believe was harder on them than me, I would have continued down this dark path. Being out on my own, couch hopping, sleeping in my car, and having no money for my fix, I finally was able to see clearly that I was not on the path I wanted to be on and was going to die if I did not fight back. I needed to ask for help, I thought I had it under control. I had reached out to my parents to meet with a counselor and myself. I begged them to help. Six hours away in an inpatient facility, I spent 30 days receiving help to beat this nasty disease. I was determined to have a better life and repair the relationships with my family. During that time, I fought hard for my freedom of these crippling drugs and though it does become easier every day, I continue to fight today, now 10 years sober. Overcoming this highly intense situation has given me a unique outlook, strong determination and high motivation when achieving goals and outcomes. It taught me I am strong but not to be ashamed to ask for help when you lose control. Once through the pain and hardship, I am grateful for my life and what I have learned. I am enrolled at Western Governors University in the elementary education program. My experience will help me guide my students down the right path and aiding those who fall victim to this disease. I can make a difference by sharing my story and informing our youth of the harsh realities of addiction and encourage them to never dabble in drug use. I aim to set my students up for success and support them in becoming happy and healthy member in society.

## Letter of Recommendation

March 7, 2011

To whom it may concern:

This letter of recommendation is for Jessica Grittner. Jessica is enrolled in the Cosmetology program at Spokane Community College as a full time student.

Jessica attends class Monday thru Friday 8:30 to 3:30. Lecture class is Cosmo 111 and this is a 5 credit class, and Cosmo 112 is a lab class and is a 12 credit class. In Jessica's lab class she is learning the beginning of being a Stylist, learning to cut, perm, color and style client's hair. This takes a lot of dexterity along with patients.

This is Jessica's second quarter in Cosmetology and is a dedicated student with a GPA of 3.5. I feel that Jessica has the potential of being an excellent Stylist. Jessica is developing a professional approach, and is always striving for excellence.

Sincerely,

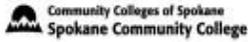


Cindy Martinez

Cosmetology Instructor

Spokane Community College

## College Transcripts



### Unofficial Transcript - Academic Career

Name: Jessica Grittner  
 Student ID: 201031553

Print Date: 02/05/2022

#### Degrees Awarded

Degree: Associate Degree - Professional Technical  
 Confer Date: 12/13/2012  
 Plan: Associate in Applied Science - Cosmetology

#### FALL 2010 (09/20/2010 - 12/09/2010)

Course	Description	Attempted	Earned	Grade	Points
APLED 112	Applied Math	5.000	5.000	3.9	19.500
APLED 121	App Writ Com	4.000	4.000	4.0	16.000
CIS 110	Computer App	5.000	5.000	2.8	14.000
COS 101	Intro Cosmo	2.000	2.000	3.8	7.600
GUID 100	College Ornt	1.000	1.000	4.0	4.000

Term GPA	3.594	Term Totals	Attempted	Earned	GPA Units	Points
			17.000	17.000	17.000	61.100

\*PRESIDENT'S HONOR ROLL\*

Cum GPA	3.594	Cum Totals	Attempted	Earned	GPA Units	Points
			17.000	17.000	17.000	61.100

#### WINTER 2011 (01/03/2011 - 03/23/2011)

Course	Description	Attempted	Earned	Grade	Points
COS 111	Cosmet I	5.000	5.000	3.8	19.000
COS 112	Cos Apps I	12.000	12.000	3.8	45.600

Term GPA	3.800	Term Totals	Attempted	Earned	GPA Units	Points
			17.000	17.000	17.000	64.600

\*PRESIDENT'S HONOR ROLL\*

Cum GPA	3.697	Cum Totals	Attempted	Earned	GPA Units	Points
			34.000	34.000	34.000	125.700

#### SPRING 2011 (04/04/2011 - 06/17/2011)

Course	Description	Attempted	Earned	Grade	Points
COS 121	Cosmet II	5.000	5.000	3.5	17.500
COS 122	Cos Apps II	11.000	11.000	3.5	38.500

Term GPA	3.500	Term Totals	Attempted	Earned	GPA Units	Points
			16.000	16.000	16.000	56.000

\*PRESIDENT'S HONOR ROLL\*

Cum GPA	3.634	Cum Totals	Attempted	Earned	GPA Units	Points
			50.000	50.000	50.000	181.700

#### FALL 2011 (09/21/2011 - 12/09/2011)

Course	Description	Attempted	Earned	Grade	Points
COS 131	Int Cos I	5.000	5.000	2.6	13.000
COS 132	Int Apps I	11.000	11.000	2.1	23.100

**Unofficial Transcript - Academic Career**

Name: Jessica Grittner  
 Student ID: 201031553

Term GPA	2.256	Term Totals	<u>Attempted</u> 16.000	<u>Earned</u> 16.000	<u>GPA Units</u> 16.000	<u>Points</u> 36.100
Cum GPA	3.300	Cum Totals	66.000	66.000	66.000	217.800

**WINTER 2012 (01/04/2012 - 03/21/2012)**

<u>Course</u>		<u>Description</u>	<u>Attempted</u>	<u>Earned</u>	<u>Grade</u>	<u>Points</u>
COS	241	Int Cos II	5.000	5.000	3.1	15.500
COS	242	Int Apps II	10.000	10.000	3.3	33.000
HLTH	174	First Aid	3.000	3.000	4.0	12.000

Term GPA	3.361	Term Totals	<u>Attempted</u> 18.000	<u>Earned</u> 18.000	<u>GPA Units</u> 18.000	<u>Points</u> 60.500
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\*VICE PRESIDENT'S HONOR ROLL\*

Cum GPA	3.313	Cum Totals	84.000	84.000	84.000	278.300
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**SPRING 2012 (04/02/2012 - 06/20/2012)**

<u>Course</u>		<u>Description</u>	<u>Attempted</u>	<u>Earned</u>	<u>Grade</u>	<u>Points</u>
APLED	125	Employ Prep	3.000	3.000	3.4	10.200
COS	251	Adv Cos I	5.000	5.000	3.1	15.500
COS	252	Adv Apps I	10.000	10.000	3.1	31.000

Term GPA	3.150	Term Totals	<u>Attempted</u> 18.000	<u>Earned</u> 18.000	<u>GPA Units</u> 18.000	<u>Points</u> 56.700
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\*VICE PRESIDENT'S HONOR ROLL\*

Cum GPA	3.284	Cum Totals	102.000	102.000	102.000	335.000
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**FALL 2012 (09/24/2012 - 12/13/2012)**

<u>Course</u>		<u>Description</u>	<u>Attempted</u>	<u>Earned</u>	<u>Grade</u>	<u>Points</u>
COS	261	Adv Cos II	5.000	5.000	3.4	17.000
COS	262	Adv Apps II	10.000	10.000	3.8	38.000
MMGT	205	Sm Bus Plan	5.000	5.000	3.9	19.500

Term GPA	3.725	Term Totals	<u>Attempted</u> 20.000	<u>Earned</u> 20.000	<u>GPA Units</u> 20.000	<u>Points</u> 74.500
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\*PRESIDENT'S HONOR ROLL\*

Cum GPA	3.357	Cum Totals	122.000	122.000	122.000	409.500
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**WINTER 2013 (01/02/2013 - 03/20/2013)**

<u>Course</u>		<u>Description</u>	<u>Attempted</u>	<u>Earned</u>	<u>Grade</u>	<u>Points</u>
BUS&	101	Intro Bus	5.000	0.000	W	0.000
MMGT	101	Prin Mgt	5.000	0.000	W	0.000

[CCN]

**Unofficial Transcript - Academic Career**

Name: Jessica Grittner  
Student ID: 201031553

			<u>Attempted</u>	<u>Earned</u>	<u>GPA Units</u>	<u>Points</u>
Term GPA	0.000	Term Totals	10.000	0.000	0.000	0.000
Cum GPA	3.357	Cum Totals	132.000	122.000	122.000	409.500
<b>Undergraduate Totals</b>						
Cum GPA	3.360	Cum Totals	132.000	122.000	122.000	409.500

End of Unofficial Transcript - Academic Career