

September 27, 2023

To whom it may concern:

I am writing this letter of recommendation at the request of Ms. Lisa Wilcox in support of her application for your scholarship.

Ms. Wilcox has been a student in a number of undergraduate courses I teach. Throughout my semesters with Lisa, she has contributed consistently and positively to class discussions and conducted herself in both a professional and studious manner in all interactions. Throughout the terms, Ms. Wilcox has demonstrated high levels of motivation and persistence as evidenced by the steady progress on the writing and research assignments throughout the course. She actively distinguishes herself academically, demonstrating the willingness and ability to take the time and effort to produce thoughtful and quality assignments.

Ms. Wilcox has been vocal about her career desires and spoke with me at great length about her plans for the future. These plans were definitive and clearly articulated to me, illuminating Ms. Wilcox's desire to work towards positive contributions in the field of psychology. Ms. Wilcox's motivation and level of determination are apparent in her undertakings, as evidenced by her university participation to which she contributes extensively.

Contrasting Ms. Wilcox to other undergraduate students, I can attest that she has been consistently motivated to succeed and has expressed this clearly. Her academic ability is of high quality, and she has demonstrated appropriate sensitivities that will serve her well in a clinical environment.

In conclusion, I have no reservations in recommending Ms. Wilcox for consideration of your scholarship. I believe that Ms. Wilcox has the capacity, and desire, and personal skills to contribute significantly to undergraduate success. Therefore, it is without reservation that I endorse her application for your scholarship, and offer you my highest recommendation.

Respectfully submitted,



Matthew J. Covic, M.A.  
Senior Lecturer  
Governors State University  
Division of Psychology and Counseling

Course Name	Term/Title	Att	Cr	Ern	Cr	Replc Q	Credits Cred	Grade Pts	Course Name	Term/Title	Att	Cr	Ern	Cr	Replc Q	Credits Cred	Grade Pts
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Other Institutions Attended		Start	End
Joliet Junior College		08/01/2019	12/01/2021
Eastern Illinois University		08/01/2022	12/01/2022

SPRING 2022 SEMESTER

PSYC-2345	SOCIAL PSYCHOLOGY						3.00	A
PSYC-2410	PERSONALITY THEORIES						3.00	A
PSYC-3430	ABNORMAL PSYCHOLOGY						3.00	A-
MATH-2100	ELEMENTARY STATISTICS						3.00	A
	Term	12.00	12.00	12.00	12.00	47.10	3.925	
	Cumulative	12.00	12.00	12.00	12.00	47.10	3.925	

SUMMER 2022 TERM

BIOL-3108	HUMAN EVOLUTION						3.00	A-
BIOL-3109	HUMAN EVOLUTION LABORATORY						1.00	A
	Term	4.00	4.00	4.00	4.00	15.10	3.775	
	Cumulative	16.00	16.00	16.00	16.00	62.20	3.888	

SPRING 2023 SEMESTER

ART-3102	WORLDS OF ART						3.00	A
PHIL-3333	ETHICS IN HEALTHCARE						3.00	A
PHYS-3435	METEOROLOGY ONLINE						3.00	A
PSYC-2102	THINKING AND WRITING IN PSYC						4.00	B+
	Term	13.00	13.00	13.00	13.00	49.20	3.785	
	Cumulative	29.00	29.00	29.00	29.00	111.40	3.841	

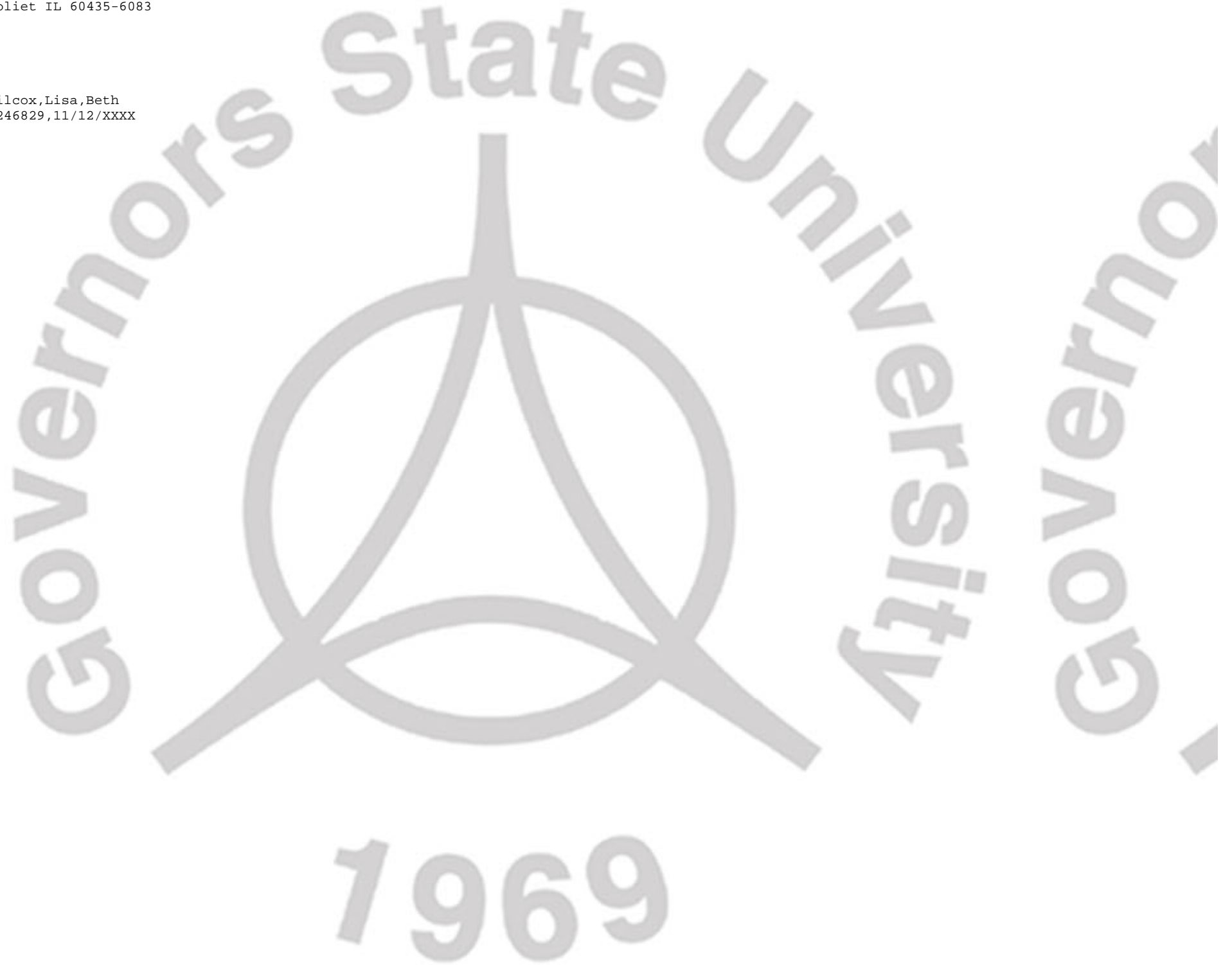
FALL 2023 SEMESTER

PSYC-3465	PSYC OF SPIRITUAL DEVELOPMENT						3.00	IP
PSYC-3099	ETHICS IN PSYCHOLOGY						3.00	IP
PSYC-2150	INTRO TO RESEARCH METHODS						3.00	IP
PSYC-4475	INTRO TO FAMILY DYNAMICS						3.00	IP
	Term	0.00	0.00	0.00	0.00	0.00	0.000	
	Cumulative	29.00	29.00	29.00	29.00	111.40	3.841	

Undergraduate 3.841

Lisa B. Wilcox  
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Joliet IL 60435-6083

Wilcox,Lisa,Beth  
1246829,11/12/XXXX



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My name is Lisa, and I'm an addict. That statement is all too familiar. I was a heroin addict from when I was twenty years old until I was forty-three; I had been participating in drug use since I was fourteen. I was on drugs more of my lifetime than sober. I say heroin because when asked, "What is your DOC (drug of choice)?" I usually say back, "All of the above." I did not discriminate, and normal people do not understand, so I told them heroin since that and alcohol were the hardest to quit.

I was homeless for eleven years and slept on couches until people took everything I had. I went to rehab with a duffel bag full of dirty clothes and leaves in my hair from sleeping outside. I was finally ready after my boyfriend overdosed and died beside me when I was asleep.

It was the fifth time I had been to Steppingstones. I spent fourteen years jumping from one rehab to the next until I had ten rehab stints. Before the program was completed, I was asked to work for the facility. I started as a clinical assistant, but they wanted me to get a C.A.D.C certificate. That was not enough; I walked in the doors of JJC to get a certificate and walked out enrolled in college. I have an associate degree in human services and am working on a bachelor's in psychology. I would like to get a master's degree in addiction studies.

I tell my fellow addicts, "If I can do it, anyone can." Addicts are very difficult because if they cannot see it, they will never believe it. I never stayed sober for more than fifty-nine days. I know that the substance is not the problem. It is the solution to the problem. Whether it be mental health, trauma, or anything else that caused someone to want to escape reality, they became unable to stop.

I am currently working as a server to support my finances. All the ladies that came through the rehab I got sober in and the two years I worked there still call me whether they are sober. When I started the sobriety journey, I made a motto to treat others better than I would expect to be treated. I tell people my story to people who know someone in addiction, and in churches too.

My name is Lisa, and I am going to save the world, one person at a time!