

6/13/2016

To Whom It May Concern,

I would like to write a letter of support in behalf of the School of Life Foundation. I am a School Psychologist in the Washington County School District and am assigned to work at four schools in the area: Desert Hills High School, Desert Hills Middle School, Crimson View Elementary, and Little Valley Elementary.

As a School Psychologist I am able to work with children and youth in a variety of settings and circumstances. As I counsel with them and get to know them better, it is apparent that many of them have not had the family background or opportunity to learn important life skills that are needed to function in society and to succeed in life. Many of them struggle with grades, friendships, family relationships, and self-esteem. They want to be happy and successful but do not know how.

This year I was introduced to the School of Life by Justin Keate, an administrator at Desert Hills High School. As he explained the program to me, I knew I needed to be an involved member because of the topics the curriculum teaches. Each one of the areas discussed are vital to success in life.

Many of the high school students I have worked with in counseling this year, had the opportunity to be enrolled in the School of Life. It was great to see their excitement during the four weeks of involvement and see their countenance and outlook on life change.

One student I had the opportunity to work with, was having a difficult time with his parents and he struggled with extreme anger. He committed to the School of Life for four weeks. As I met with him in individual counseling sessions, we talked about what he learned and what topics impacted him the most during his School of Life experience. He proceeded to tell me that he learned the most on the topic of "Attitude". It was interesting to see his attitude change as he realized that in order to have a good attitude you have to have control over your emotions and look for the positive in situations.

The School of Life is a life changing program that helps teach 10 specific topics that are essential to success and happiness. I have found that if the students get involved with this program and really grasp its concepts, it will bring them a brighter vision of hope. As they set goals and accomplish them, it boosts their self-esteem and helps them know that they can do great things.

I highly recommend this program and hope that it will continue to grow to not only help students in secondary education, but in the elementary schools as well. I will continue to support and be involved in the School of Life Foundation because of the success I have seen it make in the students with whom I have worked.

Sincerely,



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School Psychologist
Washington County School District