Dear Admission Committee,

It is a pleasure to recommend Ms Tenzin Pema for a PhD programme in Psychiatry at [University Name]. I have known Ms. Tenzin for the past two years through her work in my Project titled, 'Learned Helplessness and Achievements in Adolescent Males and Females'. Pema has completed her Masters and MPhil in Adolescent Psychology from [University Name]. She first approached me two years ago about the possibility of work in my project as a Research Fellow. We had discussed the scope of the project and her job responsibilities in our first meeting.

She had asked good questions and also referred a few Learned Helplessness studies that have been carried out by the students in the Department as their Masters and M. Phil Project. I was impressed by her preparedness for the interview and her inquisitiveness to know more on the subject. On appointment, I often found her in the library looking for other similar studies done. She often discussed her findings with me as well as discuss the course of action and possible evaluation techniques for the project. After a long secondary research, we decided on evaluating our subjects on NEO-Five Factor Inventory (FFI) before the actual experiment. This study examined the psychometric properties of the Children's Attributional Style Questionnaire (CASQ), the 48-item questionnaire designed to assess children's causal explanations for positive and negative events

During that project, Pema demonstrated the ability to work independently with creativity and enthusiasm as well as effectively lead a team of 3 Project Fellows for sample selection and data collection techniques. She trained the team on all the aspects of NEO-Five Factor Inventory (FFI) as well as CASQ. She was also able to collect the CASQ data of more than 50% of the students a year later.

Her communication skills put both the subject as well as the interviewer at ease thus facilitating an unbiased and effective data collection. Pema has good clarity on the various data analysis statistical packages especially MATLAB and ANOVA which immensely helped us in doing a comparative study through various methods. She was quick to learn R and use it effectively for analysis. She would be invariably the first person be at the school well prepared for the day.

The Project Fellows in the project always had praises for Pema. They always mentioned her patience and perseverance in clarifying their doubts on the standardized data collection and analysis techniques. Pema had doubled her efforts on data collection when she found that one of the Project Fellow was down with fever and cold. She had not let this effect the Project Schedule.

Pema is very creative and patient with the kids. The long questionnaire would be too tedious for the kids so she would often make origami for them as they worked on the questionnaire.

Her hard work and perseverance paid off when her paper, 'Learned helplessness and achievements in pre-adolescent males and females' was selected for publication in an International Journal.

Ms Tenzin Pema is clearly the best student that I have worked with in the past few years. I strongly recommend her for a PhD programme from [University Name]. She would be an asset to any university she joins.

Sincerely,

ABC DEF
Professor
Department of Social Psychology
University Name
City
Email ID:
Contact No: