



Psychological and Life Skills Associates, P.C.

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February 10, 2020

To Whom It May Concern:

I was the behavioral health provider for Malia Hunter and had the great pleasure of working with her from 2017-2019. When I first met Malia, she was experiencing significant anxiety concerns. Many of her concerns were related to her academic performance and college acceptance, and her anxiety interfered with her ability to focus on her studies, complete assignments, and take exams. On a few occasions, her anxiety induced a panic attack, resulting in her not being able to attend school.

During the time we worked together, she learned how to manage her workload, activities, and personal life more effectively and practice better self care. She also learned effective coping skills for managing her stress and anxiety.

Malia presented as a bright, ambitious, and determined young lady. I was very impressed by her willingness to prioritize her wellness as she pursued her academic and personal goals.

I wish her all the best in her future endeavors!

Warmly,

Susanne K. Long

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