

EL TORO HIGH SCHOOL
25255 Toledo Way
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David L. Ellick, Principal



*"Preparing today's students to
succeed in tomorrow's world"*

November 25, 2005

To Whom it May Concern:

On behalf of the El Toro High School A.V.I.D. Program it is my great pleasure to write this strong letter of recommendation and commendation for Dr. Jerry Weichman, Ph.D., a clinical psychologist and adolescent specialist. Dr. Weichman demonstrated much expertise and effectiveness in dealing with adolescent emotional needs through his presentations for our ninth and tenth grade A.V.I.D. elective classes on November 17 and November 21.

The A.V.I.D. Program is designed for students in the academic middle who demonstrate potential through their academic performance and work ethic to succeed in a rigorous course of study designed to ensure acceptance to a four-year university after high school. Most students in the A.V.I.D. program do not have the benefit of a college-going tradition in their homes; therefore, they enter the program with a host of socioeconomic, environmental, and self-image deficits. Through his presentation, Dr. Weichman taught the students strategies in the areas of proper nutrition, physical fitness, goal setting, developing internal motivation, and stress management to enable the participants to overcome these barriers to academic and personal success.

Dr. Weichman's geared the presentation to real-world adolescent needs and circumstances; therefore, the students were highly engaged and receptive to Dr. Weichman's presentation. Many of the students asked questions, wished to speak to Dr. Weichman after the talk, and made positive comments regarding how they might apply the strategies in their own lives the day after the presentation. Dr. Weichman's enthusiasm, inspirational background, youth, and warmth appealed to a diverse group of teenagers, and his tool kit full of practical strategies gave the students ideas that they could actually use to improve their outlook on the future. For these reasons I feel Dr. Weichman has a rich and fulfilling career ahead of him, in which he will continue to make a difference in the lives of America's youth. If you have any questions, please feel free to call me at: (949) 586-6333, ext. 6201 or email me at francisc@svusd.org. Thank you for your time.

Sincerely,

A handwritten signature in cursive script that reads 'Christine E. Francis'.

Christine E. Francis
A.V.I.D. Program Lead Coordinator

**SADDLEBACK VALLEY
UNIFIED SCHOOL DISTRICT**

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