



October 25, 2023

Dear Future Employer,

I am pleased to write this letter of recommendation for Mr. Travis Pullan. I have had the privilege of serving as one of his major Professors at the University of Mount Olive (UMO) in Mount Olive, North Carolina since 2019.

During his time here at UMO, I have witnessed Travis to be a very dedicated, passionate, enthusiastic individual who conveyed his love for health and sport every day he came to class. This was evident by his willingness to engage in classroom discussions, follow directions on assignments as well and complete assignments in a timely manner. One of my favorite things about Travis is his great rapport with fellow students. He was always very attentive in class and had an infectious positive attitude/personality that could light up any room he was in.

Travis has performed well in all aspects of our Exercise Science program. He has a very sound knowledge base of all coursework including Anatomy and Physiology; has proved to be able to prescribe exercise for both healthy and special populations; works well with clients/patients; proven knowledgeable in conducting health-related exercise tests (both in the field and in the lab) and most of all, he has a strong ability to motivate people.

Another special quality that Travis owns is his ability to lead others. He leads not only through his observable work in the classroom but through his enthusiasm for everything he puts his mind to, especially on the lacrosse field. Travis has been a four-year member of our nationally known lacrosse program. In my dealings with Mr. Pullan, he seemed to be able to manage his time well while displaying professionalism on and off the field.

Mr. Pullan will always be remembered as a hardworking student and I consider it a privilege to have had him in my classroom over the years. He would be an asset to any future chiropractic clinic. If I can answer any more questions regarding Travis, please do not hesitate to contact me at any time.

Sincerely,

Jaime Kylis Higginbotham  
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University of Mount Olive  
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