



North Allegheny Senior High School

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Dear Admissions Selection Committee:

It is my pleasure to recommend Shweta Gudapati to you for admission. As her senior high school counselor, I have grown to know Shweta as a hardworking, passionate and persistent young woman with unlimited potential. A dedicated student, Shweta took 3 AP level classes as a sophomore even though only 1 of them is for sophomores. The other AP classes she took are only offered to juniors and seniors. When students show a desire and ability to take the higher level classes early, we do all we can to meet their academic needs. Shweta demonstrated that she can handle the extra rigor and workload the AP curriculum provides at an early age. Shweta is not a very outspoken person, but she is very perceptive. I think this really helps Shweta connect with and work with people of all ages, as she patiently listens to everything they have to say before making any suggestions or offering input of her own.

Passionate about science, Shweta takes any and all opportunity to learn about medicine. She oftentimes spends her free time reading about diseases and their developments and treatments. She has an innate desire to know as much as she can and apply what she has learned. Three years ago, she secured an internship with Dr. Nangali Srinivasa, a nephrologist in Pittsburgh. She spends time with Dr. Srinivasa every month. This internship allows her to see real patients who present symptoms for various diseases as well as witness treatments being performed. One of her most memorable experiences was when she witnessed a hemodialysis. Watching the nurses set up the needles that would take the patient's blood in and out of his body was fascinating to Shweta.

Shweta is consistently searching for opportunities that will take her beyond the typical classroom experience. She recently enrolled into an EMT class that allowed her to further explore the field of medicine. After completing the coursework, she took the state exam and passed. She was able to ride in the ambulance with the crew until they passed a law that you have to be over 18 to ride in the ambulance. While she didn't get to physically perform any treatments (besides basic bleeding control), it was still valuable for her to see how everything works and how they handle calls. Shweta is visibly thrilled and excited that these experiences have confirmed that medicine is her calling in life. Shweta's family and friends are some of the most important things in her life. As they came into contact with many gory and disheartening cases on the ambulance, Shweta saw how important it was to keep the family of the patient calm and ensure them that they were doing their best to help the patient. In the event that a call didn't end as was expected, Shweta told me how crucial it was to show support for the family and give them space and time to adjust.

Trying to spread the word about her passion, Shweta organized a program called "Stop the Bleed" here at our school. The program teaches bleeding control techniques to the public so that they can respond in any event that involves large amounts of bleeding. It started off as a small project that she worked to initiate at school, but recently she has branched out more and have been teaching

occasionally at the University of Pittsburgh for their HOSA (Health Occupations Students of America) club. She has trained over 70 students, teachers and parents so far, and hopes to increase that number by the end of this year. It's really thrilling for Shweta to hear people who have attended her classes tell her that they saw a scene in a movie in which they treated the wound improperly, or that they used the skills they learned to treat someone during kitchen accidents or sports game incidents. She is so excited that the knowledge and skills she is teaching are helping to save a life! Her love for health education is what ultimately led to "Stop the Bleed", as she found it to be one of the pressing issues of our day in terms of the circumstances (mass casualty incidents) that we are constantly faced with. She is a genuinely motivated and caring individual.

One of the things I love about Shweta is her motivation behind her passion. Shweta has been passionate about medicine and public health education ever since she visited her grandmother in her village in India. When she witnessed the condition of the local hospitals there, and how they needed to travel for nearly 45 minutes to reach a decent facility, she was truly appalled. There were so many people who died simply because of prolonged infection or poor sanitation/treatment of wounds. She realized that there were so many easy-fix health issues that existed everywhere in the world – even in developed countries. The nature of the issue may be different, but it is still one that can cost lives if not addressed immediately. She hopes to apply the education she gains at the collegiate level to help villages such as the one that her grandmother lives in.

I enthusiastically recommend Shweta Gudapati to you. Shweta is the dedicated, sensitive, and motivated student who will continue seeking opportunities to help and educate others. If you would like to discuss her credentials further, please feel free to contact me.

Sincerely,

Rhonda Bielawski

School Counselor