

Dear Dr. Ravelli,

Nov 2019

I was thinking about you, and the classes I took from you at Uvic. I found myself looking at your website and noticed that a letter I wrote you in April 2014 made it up there. I thought it was a good time to provide you with a follow-up.

I am so thrilled to report that I am doing so well! My health and wellness has continued to thrive and I have truly discovered me. 😊

I work in Ottawa and you'll be happy to know I use your teachings routinely in my work. I consider how the work I do affects people. The decisions I

make and advice I provide people impacts people. I know it happens directly, but also indirectly. I use the critical thinking skills gained in your class on a daily basis.

Furthermore, I have fully overcome my past challenges and use my discovered strength and knowledge to help others who might need support.

So, thank you for playing a part in my journey. Keep up the great work. I hope all your students find lessons to take with them through their lives.

Sincerely, a grateful former student  
and ex-cheerful robot 😊