



MICAH RENS

xxxx@nwcsiowa.edu 

605-XXX-XXXX 

Sioux Falls, SD 57104 

February 24, 2021

Ms. Susan Smith
Intern Supervisor
Western Iowa Hospital
123 Main Street
Anytown, IA 50000

Dear Ms. Smith,

I believe I would be a great fit for your pre-physical therapy internship program. My academic coursework and extensive work experience, including my role in my college's Career & Calling office, have given me a background in kinesiology, experience in coaching, and professional opportunities to hone my interpersonal and communication skills. Furthermore, these experiences molded my work ethic and fostered a teamwork mindset, which will help me serve both patients and coworkers.

My kinesiology coursework has given me foundational knowledge of how the body acts and adapts toward external challenges such as exercise. In my strength and conditioning concentration, I gained first-hand experience in training an older faculty member at Northwestern College. Through this experience, I lived out my vision for health care by helping this faculty member gain quality of life through strength training. Even though this training was only for five short weeks, my client reported a noticeable increase in her ease of ascending stairs and standing up after sitting for long hours of grading in her office. My strength and conditioning practicum also allowed me to coach athletes in proper technique and improve their performance in the weight room and on the field. I believe my passion for health through strength will make me a valuable asset and advocate for Western Iowa Hospital's physical therapy program.

In addition to my kinesiology coursework, I have developed strong interpersonal and communication skills through my work as a Franken Fellow: Peer Career Mentor. In this role, I welcome students into the Compass Center for Career & Calling and engage in active listening. As they share their experience and abilities, I help my student peers showcase their greatest skills and maximize their professional potential. I coach them in how to articulate their giftedness rather than just creating a job search tool. The most fulfilling aspect of this job has been empowering residents in my dorm with the tools and confidence to secure internships, summer jobs, and entry-level jobs in their fields.

I have been impressed with the outstanding work Western Iowa Hospital does in physical and occupational therapy based on my own experiences and that of family members. My background and skills make me an excellent fit for this internship. I look forward to hearing from you soon to set up an interview. Thanks for your time and consideration.

Sincerely,



Micah N. Rens