

Holly B. Helper

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Helen Ross McNabb Center
201 West Springdale Ave.
Knoxville, TN 37917

Dear Ms. Jones,

I am writing to apply for the youth counseling position at Helen Ross McNabb. I was very interested to learn of the opening during a discussion with your current employee, Jane Doe. I am particularly interested in the Behavioral Modification program that I hear is growing quite rapidly. I believe that my experiences working with young children both in academic and mental health settings make me a prime candidate for this position.

Throughout my Social Work program at The University of Tennessee, I have had many opportunities to work with children and young adults. I have had two field placements that have allowed me to explore children and adolescent development in the areas of emotional, family, interpersonal, and social functioning. For example, at Blount County Children's Home, I worked hard each day to create a comfortable and engaging environment for the children to be actively involved in learning and cooperation. Most of the children had behavioral problems, and I was educated on techniques to enhance the children's social skills and interpersonal development. It was especially rewarding for me to see the children work together on an outdoor obstacle course we set up to promote teamwork.

My experiences working with teenage mothers at Child and Family Tennessee really prepared me for advanced counseling techniques with children and their families. It was great to be a part of both program development and implementation within the agency. Along with attending team meetings for my client case load—which were set up to assess each individual client's needs and treatment plan—I was able to counsel several mothers on my own, some as young as fourteen. These mothers were able to talk to me about their fears and concerns. As a supportive peer listener, I was able to empathically comfort them while also educating them on healthy lifestyle choices, parenting, and local resources.

I believe that Helen Ross McNabb is a great place for me to start my path towards making a difference in the lives of the children and adolescents in our community. As a youth counselor, I will utilize knowledge, experience and my passion for helping children to complete the Center's mission of improving the lives of others. Please see my resume for details regarding my qualifications. I am available at your convenience for an interview. Thank you for your time and consideration.

Sincerely,

Holly B. Helper

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