**Looking Glass Foundation – 2025 Reflections Scholarship**

**Letter of Recommendation Form**

The Looking Glass Foundation, a BC-based registered charity founded in 2002, is a caring community for prevention and support for those suffering from eating disorders. The Reflections Scholarship supports students who have lived experience with an eating disorder by helping them pursue their academic and career goals through education. It is awarded in recognition of someone's courage in facing their eating disorder as well as their enthusiasm and tenacity for their chosen academic path and the career they plan to follow.

Please fill out the details below (page 1) and provide a short letter of recommendation including your signature and date (page 2). **Please email the completed form directly to** [**scholarship@lookingglassbc.com**](mailto:scholarship@lookingglassbc.com) **by July 15th, 2025.**

If you have any questions, please contact [scholarship@lookingglassbc.com](mailto:scholarship@lookingglassbc.com) or call 604.314.0548.

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| Reference provided for: |  |
| Your Name: |  |
| Title: |  |
| Telephone Number:  *\*Note: The Looking Glass Foundation may contact you to clarify or confirm the information provided in this form.* |  |
| Email: |  |
| How long have you known the applicant? |  |
| In what capacity have you known the applicant? |  |

**Please write a short (500 words maximum) letter of recommendation in the space below that, to the best of your knowledge, is an honest reflection of the applicant’s skills and qualities, as well as their enthusiasm and readiness for their chosen academic path and their ability to rise above any challenges or barriers they have faced.**

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_