BEST PRACTICES AND COMMUNICATION

SUCCESS IN GRADUATE AND PROFESSIONAL PROGRAMS IN THE DEPARTMENT OF NUTRITION AND HEALTH SCIENCES



Mary Ann Johnson, PhD

Jean Sundell Tinstman Professor of Nutrition Nutrition and Health Sciences Department Chair <u>majohnson@unl.edu</u>

University of Nebraska Lincoln College of Education and Human Sciences 1700 N. 35th St., LEV 110 Lincoln, NE

Best Practices for the Success of Graduate and Professional Students

What are your needs and recommendations?

Building an inclusive community

Students, faculty and staff working together to develop shared expectations

Mentoring and mentors are a key part of everyone's success



COMMUNICATE COMMUNICATE COMMUNICATE!

- Graduate Chair & Graduate Coordinator
- Student Faculty = a two-way street!
- Program director(s)
- Major advisor/major professor
- Advisory committee
- Mentor(s)
- Other students, staff, and faculty
- Students: Read and respond to Husker email, especially from NHS & Graduate Studies

Student & Faculty: Develop Shared Expectations

MENTORING OTHERS RESULTS IN EXCELLENCE (MORE)

2 pg. guide: <u>https://rackham.umich.edu/wp-</u> content/uploads/2019/02/more-developing-shared-expectations-stem-ss.pdf

Select and adapt these suggested topics as relevant to your discipline and goals.

- Communication and meetings
- Student roles in projects, internships, practicums
- **Co-authorship** of papers or presentations
- Opportunities for feedback
- Professional meetings to attend
- Networking opportunities
- Time away from campus (vacation)
- Funding
- Milestones and benchmarks
- Target semester for defense and graduation, along with other milestones
- Professional goals
- Skill development
- o Other areas



UNL Graduate and Professional Student Bill of Rights

https://www.unl.edu/gradstudies/academics/rights



Know your rights and responsibilities as a **student**



Know the rights and responsibilities as a **faculty member**



What rights are important to you?

UNL Graduate and Professional Student Bill of Rights

EXAMPLES:

- Freedom from discrimination and adverse conduct
- Work and study in an environment with people who follow and practice professional conduct,
- Atmosphere where everyone, including faculty, staff, and students, are treated with dignity and respect, and where discourse and interaction are cooperative and constructive even when there is disagreement
- Be treated with courtesy in discussions between faculty, administration, and other students
- Professional and academic guidance from their advisor
- Clearly outlined time and role expectations of their assistantship through a signed contract at the beginning of their funding period
- Authorship and acknowledgment on scholarly publications commensurate with their contribution to such works
- Take part in activities to foster professional development such as internship, relevant conferences, volunteer experience, workshops, and courses.



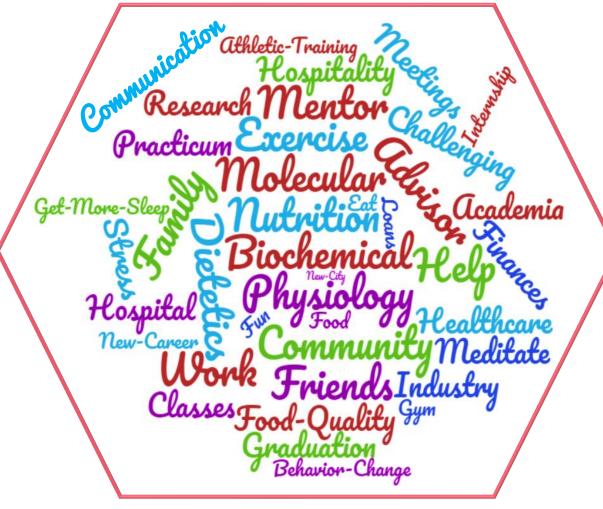
Be professional

- Plan ahead, be on time (class, meetings, paperwork)
- Attend lab and/or staff meetings and department events (seminars, social functions)
- Communicate respectfully and professionally (email, social media, speaking, writing)
- Define and communicate your goals and expectations

Develop and enhance your skills in technical writing, professional speaking, teaching, research, community engagement, clinics and clinical settings, acknowledge work of others (avoid plagiarism)

- Self-assess your strengths and weaknesses
- Develop goals and plans on how to improve

Questions?



Contact us at:

- Phone: (402) 472-3716
- Email: <u>nhs@unl.edu</u>
- Online: <u>https://cehs.unl.edu/nhs</u>

- Guide for Faculty and Students (2 pgs.), "Developing Shared Expectations in STEM and Social Sciences Focus" <u>https://rackham.umich.edu/wp-content/uploads/2019/02/moredeveloping-shared-expectations-stem-ss.pdf</u>
- UNL Graduate and Professional Student Bill of Rights <u>https://www.unl.edu/gradstudies/academics/rights</u>
- UNL Graduate Mentoring Guidebook is for faculty and students <u>https://www.unl.edu/mentoring/</u>
- NHS Graduate Programs <u>https://cehs.unl.edu/nhs/graduate-programs/</u>



We wish you great success in your programs!