



# DEPARTMENT OF NUTRITION AND HEALTH SCIENCES



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# GRADUATE AND PROFESSIONAL STUDENTS

## Best Practices for Success

### Academic & Research

- Set clear expectations with your advisor about communication, meetings, authorship, and milestones
- Break big goals into small weekly tasks to maintain steady progress
- Read with purpose—focus on key papers and keep organized notes
- Write regularly to clarify your thinking and reduce deadline stress


### Professional Growth

- Build and maintain your scholarly identity (CV, website, conferences)
- Use planning tools to stay organized across classes, research, and teaching
- Strengthen communication skills in writing, speaking, and professional interactions
- Develop and refine skills in technical writing, teaching, research methods, community engagement, and clinical or applied settings
- Network intentionally by engaging with speakers, events, and peers

### Advisor & Committee Relationships

- Come prepared to meetings with a brief agenda
- Send recap emails to confirm decisions and next steps
- Seek multiple mentors for research, teaching, and career development
- Define and communicate your goals and expectations clearly





## 📍 Wellbeing & Sustainability

- Pace yourself—protect your sleep and boundaries, and maintain healthy routines
- Ask for help when you need it; academic and personal support systems exist for you
- Maintain interests and relationships beyond your academic work to stay grounded

## ✅ Professional Conduct & Practical Habits

- Conduct yourself professionally in all settings—class, lab, meetings, email, social media, and public communication
- Plan ahead so you can be prepared and punctual for classes, meetings, and required tasks
- Attend lab meetings, department seminars, and community events
- Track your accomplishments for easy CV updates
- Practice presentations to build confidence and strengthen your research narrative
- Acknowledge the work of others and avoid plagiarism
- Regularly assess your strengths and areas for growth and set goals for improvement

# STUDENTS AND FACULTY

## Developing Shared Expectations



### MENTORING OTHERS RESULTS IN EXCELLENCE (MORE)

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**
- Other areas



## 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 those from NHS and Graduate Studies

# UNL GRADUATE & 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.





[UNL Graduate and Professional Student Bill of 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 Support](#)
- [NHS Graduate Programs](#)



RESOURCES



# QUESTIONS?

Contact us:



(402) 472-3716



Email: [nhs@unl.edu](mailto:nhs@unl.edu)



Online: [cehs.unl.edu/nhs](http://cehs.unl.edu/nhs)





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