



Department of Nutrition and Health Sciences



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Best Practices for Success





- 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

Student & Faculty: Developed Shared Expectations



MENTORING OTHERS RESULTS IN EXCELLENCE (MORE)

2 pg. guide: <https://rackham.umich.edu/wp-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**
- Other areas



COMMUNICATE

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- 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 and Graduate Studies



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 the work of others (avoid plagiarism)

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



- Guide for Faculty and Students (2 pgs.), “Developing Shared Expectations in STEM and Social Sciences Focus”
<https://rackham.umich.edu/wp-content/uploads/2019/02/more-developing-shared-expectations-stem-ss.pdf>
- UNL Graduate and Professional Student Bill of Rights
<https://graduate.unl.edu/academics/rights>
- UNL Graduate Support
<https://graduate.unl.edu/graduate-support>
- NHS Graduate Programs
<https://cehs.unl.edu/nhs/graduate-programs/>



*We wish you great
success in your
programs!*

**Thank
You!**





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