Career, Leadership and Wellness Center  
Spring 2016 Update  

Inspiring Students          Building Community          Enhancing Lives

CAREER – EXPLORATION AND PREPARATION

Professional Network is LIVE!

The Professional Network acts as a catalyst connecting current UC Davis DVM students to professionals in the field of veterinary medicine. This Network is a fantastic opportunity to connect our aspiring, passionate DVM students with veterinary medicine professionals who represent a wide variety of backgrounds and career options. Visit the website to see the many benefits to professionals and DVM students.

On the horizon

- Opportunity to expand the Professional Network by partnering with Veterinary Business Management Association (VBMA)! Through this collaboration, veterinarians will also be invited to participate in:
  - Business Education/Professional Development
  - Social Activities and Networking Events

- Redesign of the SCAVMA Faculty Mentor Program to operate through the Professional Network. This new approach “a mentor network” will be fluid, organic, and easy for students to connect with multiple professionals – not at all like the conventional mentor programs of the past.

LEADERSHIP – PERSONAL AND PROFESSIONAL DEVELOPMENT

In the fall of 2015, we welcomed the second cohort for Professional Concentration in Personal Development and Leadership, increasing the program size to 26 students and 4 faculty. The five semester, 60 hour program includes instruction on self-awareness and self-management, leadership styles, groups and organizational awareness, ethical leadership and leadership for life. Participants completing the program will earn six units. Additionally, the One Hour Leadership Talks touched on new subject matter including “Academic Freedom.” The sessions were videotaped for broader audience review and count toward the VBMA’s Business Certificate Program.
On the horizon

- Setting up a peer evaluation system for the Professional Concentration in Personal Development and Leadership.

- **One Hour Leadership Talks** - Spring topics include:
  - Lessons from Tenerife: How the Mind Works Under Pressure
  - Disagreeing Without Being Disagreeable... and other Non-Toxic Strategies for Managing Conflict
  - Emotional Intelligence at 75: What We’ve Learned Since David Weschler’s 1940 Article
  - Why Zebras Don’t Get Ulcers ... and other interesting insights from Robert Sapolsky
  - Resilience & the Happiness Hypothesis

- The Emerging Leaders in Policy and Public Service (ELIPPS) program will be able to select two participants from the school with support from Chancellor Katehi. The ELIPPS program seeks to create avenues for graduate and professional students to explore careers in public policy and public service; advocating on issues concerning the citizens of California.

MENTAL HEALTH AND WELLNESS – SUPPORT AND EMPOWERMENT

Launching the **School of Veterinary Medicine’s Each Aggie Matters Campaign**! Each Aggie Matters (EAM) is a campaign that unites the thousands of students, faculty, and staff at UC Davis in an open and affirming dialogue about mental health—an issue that impacts us all. Together, we are creating a campus where Each Aggie Matters and we are taking a stand to advocate for our school community. Please explore the website to view the featured pledges and stories and see the EAM campaign on the Vet Med campus.

In collaboration with the VetMed Health & Wellness Club a new monthly ‘Wake up for Wellness’ event has been established. The monthly events are designed to promote health and wellness, market services and programs, boost morale, and show our support. The Club also hosted a presentation delivered by Dr. Kimberly Pope-Robinson entitled “Managing through the emotions of difficult conversations with clients.” The club now offers weekly meditation and yoga classes.

On the horizon

- The second **Healer’s Art Program** began on January 19, 2016. Course will be increased from 30 to 42 participants to help meet the demand.

- The second Massage Day was held on January 21, 2016. We are excited to again be partnering with Carrington College.

For more information on the Career, Leadership and Wellness Center visit:

[www.vetmed.ucdavis.edu/students/clw](http://www.vetmed.ucdavis.edu/students/clw)

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