Career, Leadership and Wellness Center
Fall 2015 Update

Inspiring Students    Building Community    Enhancing Lives

CAREER – EXPLORATION AND PREPARATION

The VetMedJobs online job board was successfully launched in January 2015 and has been extensively used, at no cost, by students, alumni and employers. To date, 601 students, 171 alumni and 149 employers are registered. More than 140 jobs, externships, internships, and seasonal positions have been posted. Traffic to the site has been robust with more than 2500 "visits" since its inception.

On the horizon

- Professional Network – A new initiative to further connect students with professionals in the field of veterinary medicine through the VetMedJobs online job portal.
- Resume Books – An innovative approach, replacing the Senior Directory, which will enhance the ability of future employers to gain information on graduating DVM's education and career interests.
- Professional and Career Development Workshops – Upcoming offerings:
  - Professional Brand
  - Resume/CV Writing
  - Interview Techniques
  - Job Search Strategies

Career & Networking Night – September 25, 2015
An evening with veterinary practices and industry partners
Students will be able to:

- Seek externships, internships, full-time employment opportunities
- Obtain cutting-edge information on veterinary products/services
- Speak with representatives from veterinary associations
- Network with veterinary professionals

LEADERSHIP – PERSONAL AND PROFESSIONAL DEVELOPMENT

The first group of Professional Concentration in Personal Development and Leadership participants--16 students and 4 faculty--successfully completed the first semester of this in-depth program. 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 offered throughout the winter and spring were well attended with standing room only. More than 90% of attendees reported they would recommend the seminars to other faculty/staff and students.
On the horizon

- **Professional Concentration in Personal Development and Leadership** - The second group of participants will begin the education program this fall.
- **One Hour Leadership Talks** – Future talks will be videotaped and shared via the web to reach a larger audience and fulfill the many requests to have them available in an online format. Fall Topics will include:
  - First Things First: Managing Time in a Time-Crunched World
  - The Complex Reality in the Simple Act of Communicating
  - Academic Freedom at 100: A Brief History
  - Who Killed ‘ Civility’? ... and are the reports of its death premature?

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“Thank you so much for your help in preparing my application and interview! I’m so excited to start a position that will forward my career aspirations. All of your support and encouragement makes me feel so proud of this accomplishment!”

~ Melissa Rothstein – Class of 2018 and participant in our inaugural Professional Concentration in Personal Development & Leadership, who was accepted into the “Emerging Leaders in Policy and Public Service” (ELIPPS) program.
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**MENTAL HEALTH AND WELLNESS – SUPPORT AND EMPOWERMENT**

Students taking advantage of counseling services and life balancing strategies has increased by almost 50%, demonstrating the power and success of wellness strategies. The new Healer’s Art Program was offered for the first time this spring to 30 students (1st and 2nd year). Participants highly valued and enthusiastically endorsed the program! Student evaluation comments:

- I learned about myself, my willingness to face challenges, to live a more positive life.
- I will address the emotional needs of my clients with compassion and will take care of myself in order to stay available to them and not burn out.

On the horizon

- **The Healer’s Art Program** – In Spring 2016, the program will be held again. Students on the waiting list will be the first to be offered a space.
- **Health & Wellness Club** – This newly established club will be recruiting members and defining programs to meet the needs of students to support on-going health and fitness – essential components to a balanced lifestyle.
- **Each Aggie Matters** – Further development of school activities for veterinary faculty, staff and students as part of the Each Aggie Matters campaign will be a focus this fall.

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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