



Career, Leadership and Wellness Center Update

The School launched its [Career, Leadership and Wellness Center](#) earlier this year under the leadership of Associate Dean for Student Programs Sean Owens and Director Janel Lang. The Center provides unique services and support for DVM students in three areas: career exploration and preparation; leadership development; and mental health and wellness.

CAREER – EXPLORATION AND PREPARATION

Career planning is an essential part of becoming a veterinarian. The Center offers numerous professional and career development services, including: career coaching; resume/CV writing; interview techniques; workshops; tools to find internship/externship opportunities; and job search assistance.

Career, Leadership and Wellness Director – Janel Lang

Janel Lang earned her BA in Applied Psychology from Eastern Washington University, Cheney and her MA in Social Science-Career and Life Planning from California State University, Chico. She previously worked as the Senior Director of the Carson Center for Student Success in the College of Business at Washington State University. Ms. Lang has developed and initiated a strategic plan to strengthen and expand the career, leadership and wellness opportunities available for our DVM students.



“My goal is to inspire students to explore career options, strengthen career and leadership development skills, enhance mental health and wellness, and gain strategies to embark on a rewarding career.”

The newest addition to the repertoire of services is [VetMedJobs](#), a free online job board to assist employers to advertise opportunities, and students to find listings for: full-time, part-time temp/seasonal or relief work; and externships and internships. The web-based system also has additional modules which will be launched soon:

Resume Builder
Career Fair Manager

Professional Network
CHAT

LEADERSHIP – PERSONAL AND PROFESSIONAL DEVELOPMENT

Leadership is a *learned* set of behaviors and way of thinking: about oneself, about others, about the many different ways organizations create and sustain their *culture*. Because leadership is *learned*, it is like all learning: it requires focused attention and determination from the learner. The Leadership Program supports student learning through a variety of channels, including: student clubs; mentoring programs; and a monthly One Hour Leadership Series on a broad range of topics.

Leadership Program Director – Gene Crumley

Gene Crumley is a graduate of UC Davis and San Francisco Theological Seminary. Prior to joining UCD Extension: Business & Leadership in 1996, Gene served as the Associate Director of Development of Habitat for Humanity International. He is now providing the School with leadership training for veterinary students, faculty and staff.



A unique [Professional Concentration in “Personal Development & Leadership”](#) has just been developed to provide students interested in a more in-depth training opportunity. The program will be offered to ten first year DVM or SVM graduate students and four faculty members, on two Saturdays for five semesters during the first three years of the DVM instructional program (60 contact hours/6 extension units). Topics include:

*Self-Awareness & Self- Management
Leadership Styles
Groups & Organizational Awareness*

*Ethical Leadership
Leadership for Life*

MENTAL HEALTH AND WELLNESS – SUPPORT AND EMPOWERMENT

A healthy, productive and happy lifestyle is critical to the future success of our students and graduates. The Center offers counseling services that are free, confidential and accessible. Appointments range from early morning to late evening, and couples therapy is also available.

Psychologist and Coordinator of Mental Health and Wellness Programs – Zachary Ward

Zachary Ward received his BS in Psychology from Cal Poly, San Luis Obispo, California and his MS and PhD degrees from Texas Tech University in Lubbock, Texas. Prior to his work at UC Davis, he worked at UCLA and Georgia Tech, providing mental health services to graduate and undergraduate students. Dr. Ward provides individual, couples, and group therapy services to registered DVM students, and mental health educational workshops, wellness programming, and consultative services to students, faculty, and staff.



We are also proud to announce the addition of [The Healer's Art](#) program, which is an innovative course focused on personal exploration of the time-honored values of service, healing relationship, reverence for life and compassionate care. Since 1991 hundreds of medical school faculty have been trained to offer this course in medical schools, but we are only the second veterinary school to offer the program. *The Healer's Art* program is a 15-hour course offered in five 3-hour sessions on weeknights in the spring semester 2015 to 25 first and second year DVM students. The course combines talks and experiential exercises in large and small group settings with five DVM facilitators and seven student ambassadors, who are also participants. Topics covered include:

*Deep Listening, Presence
Acceptance, Loss and Grief
Healing*

*Relationship
Encounters With Awe and Mystery
Self-Care Practices*

Healer's Art Program Director – Jody Yelland, DVM

Dr. Yelland received her DVM from Washington State University in 1984 and was in private clinical small animal practice for 23 years. She is a Fellow in the Higher Education Academy and is in her second year of graduate school with the Royal Veterinary College, working toward a Master's degree in Veterinary Education.



"Bringing The Healer's Art to veterinary students is another way for me to serve my profession. The program gives students tools to retain the meaning of why they have chosen this wonderful profession, and helps integrate affective aspects of professionalism such as enthusiasm, generous listening, and the power of presence in their veterinary education."

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

www.vetmed.ucdavis.edu/students/clw