



GRADUATE PROFESSIONAL DEVELOPMENT



UNIVERSITY OF DELAWARE
GRADUATE COLLEGE

WELCOME!

At the University of Delaware, we believe **transformative graduate education is more than research scholarship**. We want to prepare our graduates for success in a variety of careers. We envision a future for our graduates where they have **strong career foundations, confidence in themselves and their abilities, and the resilience needed to thrive** during their time on campus and beyond.



To achieve this goal, we are committed to building **data- and outcome-driven, integrated and holistic graduate professional development resources** that empower our graduate students to translate their education into meaningful careers.

Upon completing their graduate training at UD, our students will have acquired the following competencies:



TRANSFORMATIVE GRADUATE EDUCATION

is more than

RESEARCH SCHOLARSHIP



Competencies acquired through UD graduate training



LEADERSHIP AND MANAGEMENT

- ▶ Leverage the strengths of others to achieve common goals.
- ▶ Use interpersonal skills to coach and develop others.
- ▶ Assess and manage your emotions and those of others.
- ▶ Use empathetic skills to guide and motivate and to organize, prioritize and delegate work.

To explore your potential and gain certification in multiple levels of leadership through a nationally recognized program, please visit the [Blue Hen Leadership Program \(BHLP\)](#). Leadership training opportunities available at the BHLP are centered on The Social Change Model of Leadership (Higher Education Research Institute) and build on its tiered curriculum to correspond to the Self, Group and Community lenses of that model. The Leadership Challenge (Kouzes and Posner) and its five principles, Model the Way, Inspire a Shared Vision, Challenge the Process, Enable Others to Act, and Encourage the Heart, provide the foundation for the Emerging Leader tier of the program. All leadership theories and models taught in the program rely heavily on self-awareness, values, the importance of relationships, and communication in ultimately effecting positive change.





WRITTEN AND VERBAL COMMUNICATION

- ▶ Articulate thoughts and ideas clearly and effectively in written and verbal forms.
- ▶ Present ideas and demonstrate the impact of one's work to a broad range of audiences.
- ▶ Write clearly and effectively for technical and non-technical audiences.

Free graduate student writing support is available at the [Writing Center](#), where all members of the UD community can come to write, talk, think and learn about writing.

Graduate students from the Department of English provide one-on-one consultations to UD graduate students for writing projects, such as theses, dissertations, articles or assignments. Assistance is provided for all stages of the writing process, from brainstorming to revision. To make an appointment, view our [Online Scheduler](#).

As you progress through your academic career and begin working on your dissertation, the Writing Center facilitates [Dissertate Write Now](#) and [Dissertation Retreats](#). The student-run writing group, Writing Hens, also provides peer support for writing through goal checkups and write-on-sites. Interested members can join their slack channel or email writingshens@gmail.com.



TEACHING AND MENTORING

- ▶ Gain knowledge of instructional pedagogies, assessment methods and promoting inclusive teaching environments.
- ▶ Effectively mentor undergraduate students, early scholars and peers.

The Center for Teaching & Assessment of Learning (CTAL) offers a variety of programs and [resources](#) throughout the year to meet the needs of instructors at every stage of their teaching careers. From graduate students entering the teaching ranks to experienced faculty fine-tuning their craft, all instructors will find participation in CTAL programs an opportunity for exploration and discovery in a collegial setting. Visit the events calendar on [CTAL's homepage](#) to view and register for upcoming programs, such as the [Course Design Institute \(CDI\)](#), [Friday Roundtables](#) and [Teaching Online Together: SPOT-ON](#).

In addition to the above offerings, CTAL supports graduate and postdoctoral students who serve as teaching assistants and/or who plan to pursue teaching careers in higher education. CTAL staff members provide a variety of services to support graduate TAs in both their instructional roles and professional development as a graduate student, including the courses [UNIV600–Learning](#) and [UNIV601–Pedagogy](#).



MENTAL HEALTH AND WELL-BEING

- ▶ Build resilience to manage stress and promote self-care, self-compassion and positive outlook.
- ▶ Advocate for yourself and on behalf of others.
- ▶ Engage in difficult conversations with confidence.
- ▶ Develop personal finance literacy skills.

On-Campus Mental Health and Well-being Support

The **Center for Counseling and Student Development (CCSD)** seeks to foster student learning by promoting psychological well-being so that students can be more successful in their academic, personal and career pursuits. The activities and programs of the center are intended to help with one or more of the following: reducing psychological symptoms, coping with life events and developmental tasks, improving interpersonal skills and relationships, and increasing self-knowledge and problem-solving ability. Essential to the center's mission is promoting equality and respect for individual and cultural differences. See a full menu of our services and virtual resources on the CCSD's services page.

Location: 261 Perkins Student Center and 209 Laurel Hall (Student Health building)

NOTE: Perkins location accessible by elevator, located to the right of the staircase on main level or from lower level

Phone: 302-831-2141 • **Fax:** 302-831-2148

For after-hours emergencies, contact Student Health Services at 831-2226 or Public Safety at 911.

Semester Hours:

Monday, Thursday, Friday: 8 a.m.–5 p.m.
Tuesday, Wednesday: 8 a.m.–6 p.m.

Winter Hours:

Monday, Thursday, Friday: 8 a.m.–5 p.m.
Tuesday, Wednesday: 8 a.m.–6 p.m.

Summer Hours:

Monday through Friday: 8 a.m.–5 p.m.

The **Student Wellness and Health Promotion** office provides services to support students' behavioral and emotional wellness and helps students evaluate options for maintaining healthy lifestyles through prevention, intervention and education. Student Wellness and Health Promotion believes that students develop and grow their wellness foundation by learning and practicing knowledge, skills and strategies related to health and wellness through a variety of modalities. To meet these educational needs, the Student Wellness and Health Promotion team provides students with learning opportunities that include large scale events, small group workshops, in-class presentations, reading materials and online activities to test learning. With robust content that covers an array of health and wellness topics, we believe that Blue Hens can be equipped to support individual as well as community health and wellness.

Location: 231 S. College Ave, Newark, DE

Phone: 302-831-3457 • **Email:** studentwellness@udel.edu

Instagram: @LiveWellUDel



Online Mental Health Training Options to Support the Whole Student

Psychological First Aid Training for Leaders and Managers

Developed by University of Washington Department of Psychiatry and Behavioral Sciences

Intended Audience: Graduate program directors, faculty advisors, principal investigators

Duration: 1 hour

Overview: This one-hour webinar describes psychological first aid, an evidence-informed prevention strategy aimed at reducing distress and increasing resilience during and following mass disasters, including natural disasters and pandemics. It provides a primer of PFA and how it can be adapted to support mental well-being of team members amidst the COVID-19 pandemic or other challenging situations.

Psychological First Aid

Developed by Johns Hopkins University

Intended Audience: Faculty, staff and students

Duration: Approximately 6 hours, self-directed

Overview: Learn to provide psychological first aid to people in an emergency by employing the RAPID model: Reflective listening, Assessment of needs, Prioritization, Intervention, and Disposition. Utilizing the RAPID model, this specialized course provides perspectives on trauma that are beyond those physical in nature. The RAPID model is readily applicable to a variety of situations, including the demands of more commonplace critical events, such as dealing with the psychological aftermath of accidents, robberies, suicide, homicide or community violence. In addition, the RAPID model has been found to be effective in promoting personal and community resilience.



CAREER NAVIGATION

- ▶ Identify and articulate your skills, strengths, knowledge and experiences relevant to the desired and career goals.
- ▶ Explore career options that match your values.
- ▶ Understand how to cultivate lasting professional connections.
- ▶ Engage in experiential learning opportunities to acquire and hone new skills.
- ▶ Strategize and develop a plan to pursue career opportunities effectively.
- ▶ Become aware of areas for professional growth.

To ensure that our graduate students and postdoctoral trainees from all backgrounds, experiences, viewpoints and identities thrive during their time on campus and beyond, the Graduate College provides the following career navigation support. Additional programs and resources, such as career fairs, job and internship recruiting, and on-campus interviews, are offered by the [Career Center](#).

1:1 Career Advising

Career advising is available to all enrolled graduate students and current postdoctoral trainees. One-on-one discussions with a career advisor can help you gain clarity on your career direction, learn about best practices on building professional networks, launch a job or internship search, or ace the interviews. To schedule an appointment, sign into your [Handshake](#) account and select “Graduate Students and Postdocs” appointment option. If you are a graduate student in the Alfred Lerner College of Business and Economics, please select the “Business Career Interest” appointment option. An online tutorial for setting up virtual career appointments is available [here](#).

Career Skill Building Workshops

Academic departments, faculty members and graduate student organizations can request career skill building workshops for their courses or program offerings. These independent modules span the entire spectrum of the job search process from exploring career options and building professional networks to creating effective application materials and preparing for interviews and salary negotiations. The typical workshop duration is one hour. If desired, workshops can be combined and/or extended to include additional hands-on exercises and peer feedback opportunities.

Please send workshop inquiries or questions to Dr. Suprawee Tepsuporn, assistant dean for graduate professional development, at suprawee@udel.edu.

Alumni and Employer Engagement

Accelerate to Industry (A2i)

University of Delaware launched Accelerate to Industry (A2i)[™]—a workforce development program for STEM trainees founded by the NC State University Graduate School in fall 2020. The goal of this NSF-funded program is to equip graduate students and postdoctoral trainees with the knowledge, skills and abilities to transition and thrive in industry.

Partnering with NC State on A2i, the University of Delaware aims to position itself as a national model for graduate and postdoctoral workforce preparation. The A2i program at UD is one of the key strategies for building partnerships between universities and the private sector.



The learning outcomes for this partnership are:

- to increase awareness of career options by exposing A2i participants to the wide range of industry careers
- to help participants acquire and demonstrate competencies necessary to thrive in the corporate environment
- to help participants translate their education into meaningful careers

The target audience of the A2i program is students who are within one year of earning a master's degree, mid- or advanced-stage Ph.D. candidates, and postdoctoral trainees with one or more years of postdoctoral experience. Recent alumni who hold doctoral degrees from UD may also participate.

Career Spotlight

The Career Spotlight program is aimed at increasing knowledge of career options beyond the tenure track and facilitating connections between Blue Hen alumni or employers and current graduate students. Career Spotlight offers opportunities for students to learn directly from guest speakers about their career journeys and how they successfully translate their graduate training to a variety of careers.

Example of past Career Spotlight programs:

- From Doctor (Ph.D.) to Diplomat with Dr. Victoria Sanchez '17 (Ph.D., Political Science and International Relations)
- Reformulating Models of Professional Success: Pursuing an Alt-Ac Career Path in Research Administration with Dr. Kate Sanford '12 (Ph.D., English)
- Transitioning into Instructional Design and Life after Graduate Study with Dr. Clayton Colmon '20 (Ph.D., English)

