

# **Center for Personal and Professional Development**

**Helping you be the best that  
you can be.**



# Who We Are



**Cheraton Love**  
**PhD, Director**



**Keyma Clark,**  
**PhD**  
**Coach**



**Kendall Freeman,**  
**MS**  
**Coach**



**John James,**  
**MDiv**  
**Coach**



**Liz Orr, MA**  
**Coach**



**Kerri Walsh, MS, MEd**  
**Coach**



**Octoria Ridenhour, MA**  
**Coach**



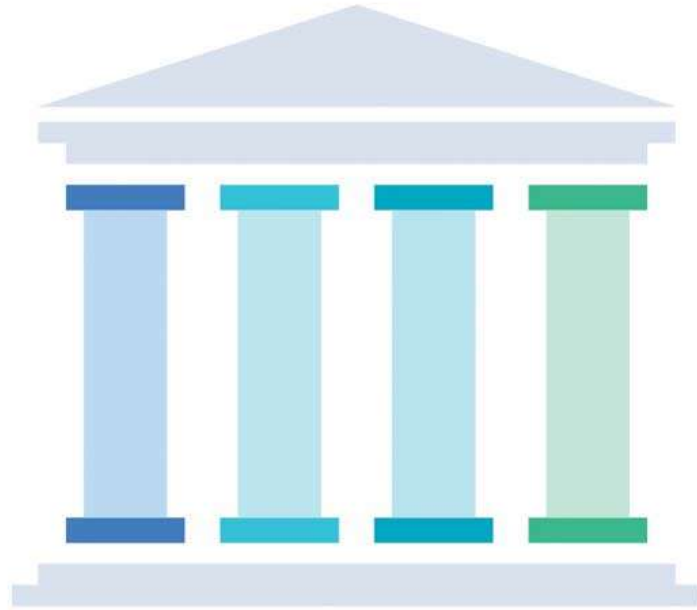
**Julia-Grace Polich, PhD**  
**Research Assistant**

# What We Do



- Existing since 2022
- Supporting students' personal and professional development
- Equipping students with skills that promote personal reflection, lifelong learning and collaboration

# What We Do



## Our Four Pillars

- Academic Success
- Career Exploration
- Culture & Community
- Well-Being

# Our Four Pillars

## Academic Success

- Study Strategies
- Effective Communication with Faculty, Staff, and Peers
- Time Management
- Quality vs Quantity Studying

## Well-Being

- Work/Life Balance
- Exercise & Nutrition
- Relationships and Conflict Resolution
- Financial

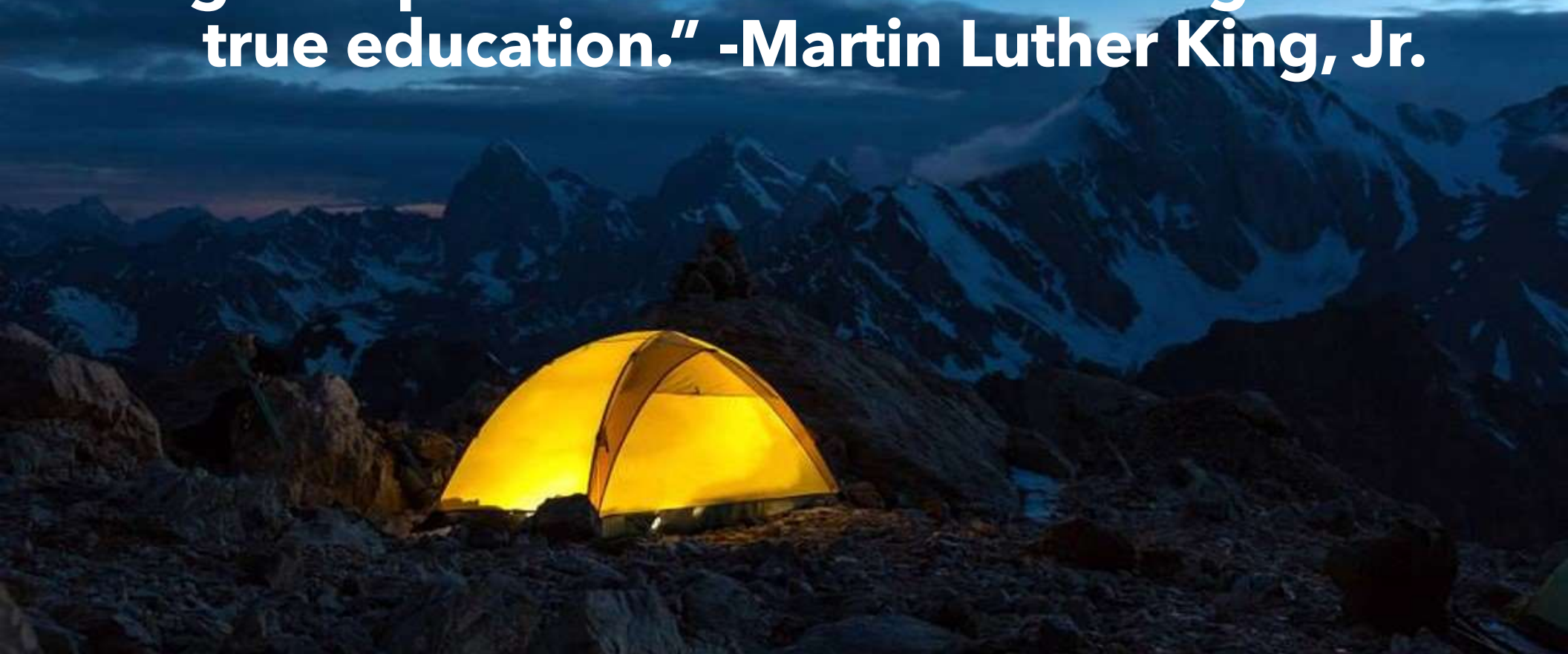
## Career Exploration

- Networking
- Résumé/Personal Statements
- Shadowing
- Character Development

## Culture & Community

- Creating community
- Social determinants of health
- Exposure to Diverse Cultures, Identities, and Communities
- Cultural Competence

**"The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education." -Martin Luther King, Jr.**







**Want to meet  
with us?**

**[Cpdp@wakehealth.edu](mailto:Cpdp@wakehealth.edu)**

**Questions?**



# Individual Development with Dr. Clark





# Discussion Points



- Choose a card – name a characteristic that you need to work on developing/improving now
- Who are three people who could write you a letter of recommendation to speak to your character and professional skills?

# Professional Connections 101



# Partner up



- Find the most obscure thing you have in common
- Reflections

# Informational Interviewing

- What is it?
  - What is it not?
- Why is it helpful?
- Who should you meet with this summer?
  - Set a reasonable goal

# Areas of Informational Interviewing

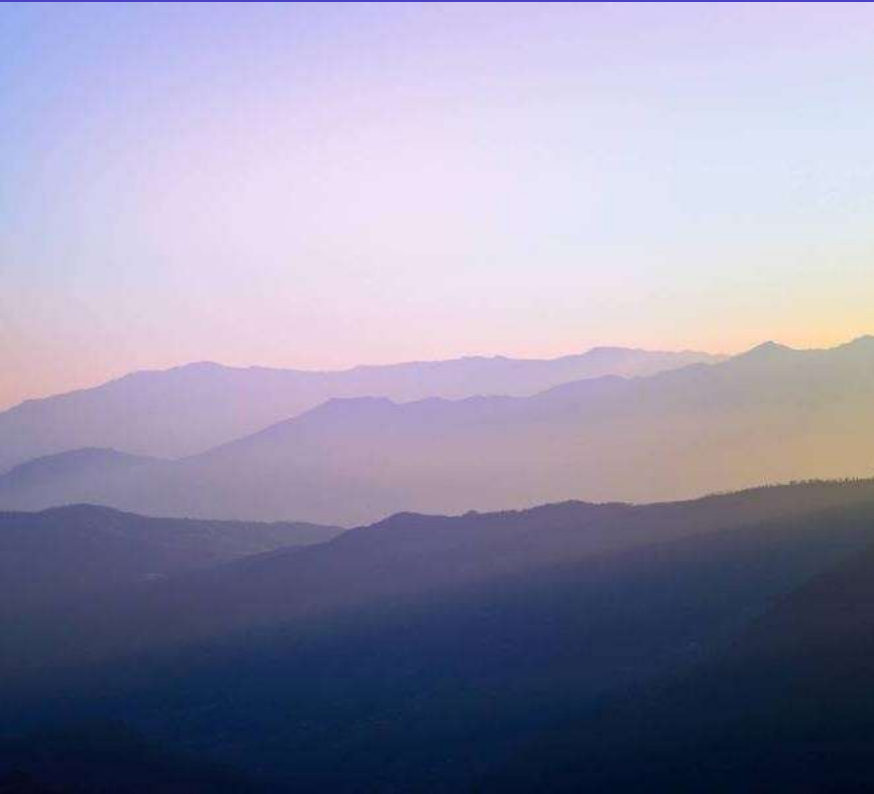
- Job Description
  - What aspects do you enjoy most/least?
- Career Path
  - What were the positions you had that led to this one?
- Work Environment
  - How much flexibility/autonomy do you have on the job?
- Industry
  - What are the challenges facing this industry today?

# Areas of Informational Interviewing

- Preparation
  - What's been the best piece of advice you have received on your career path?
- Job Requirements/Experience
  - Is there special certification, licensing, or an advanced degree required for your job?
- Job Hunting Strategies
  - What is the current demand for employees in this field?

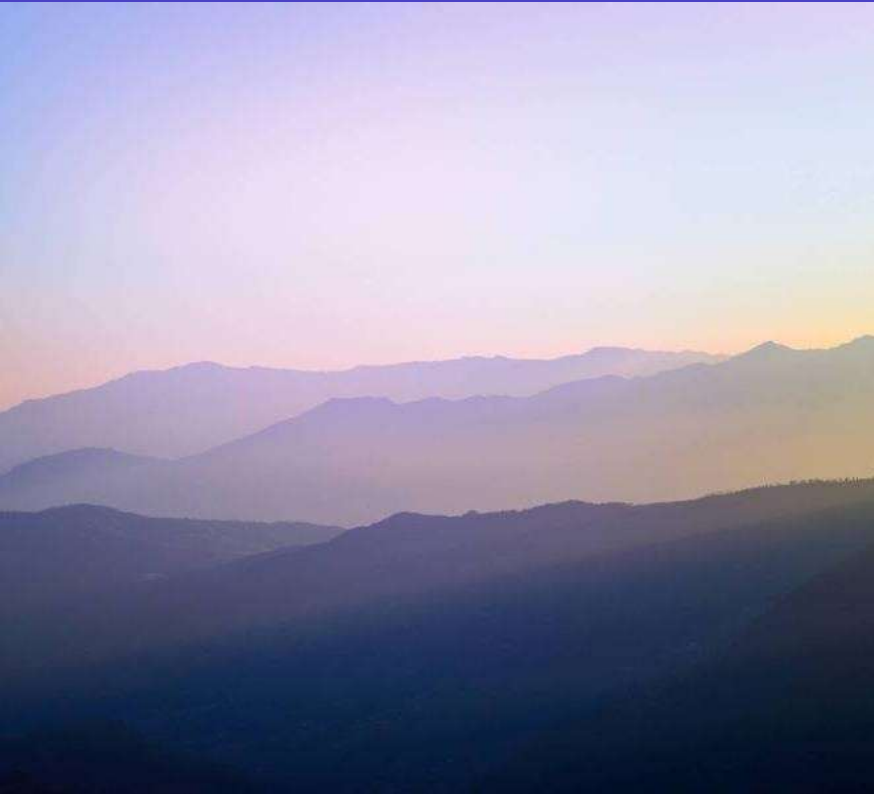


# Keys to a Good Connection



- Punctuality
- A Quick Elevator Pitch
- Genuine Curiosity
- Preparation
- Active Listening

# Wrapping Up

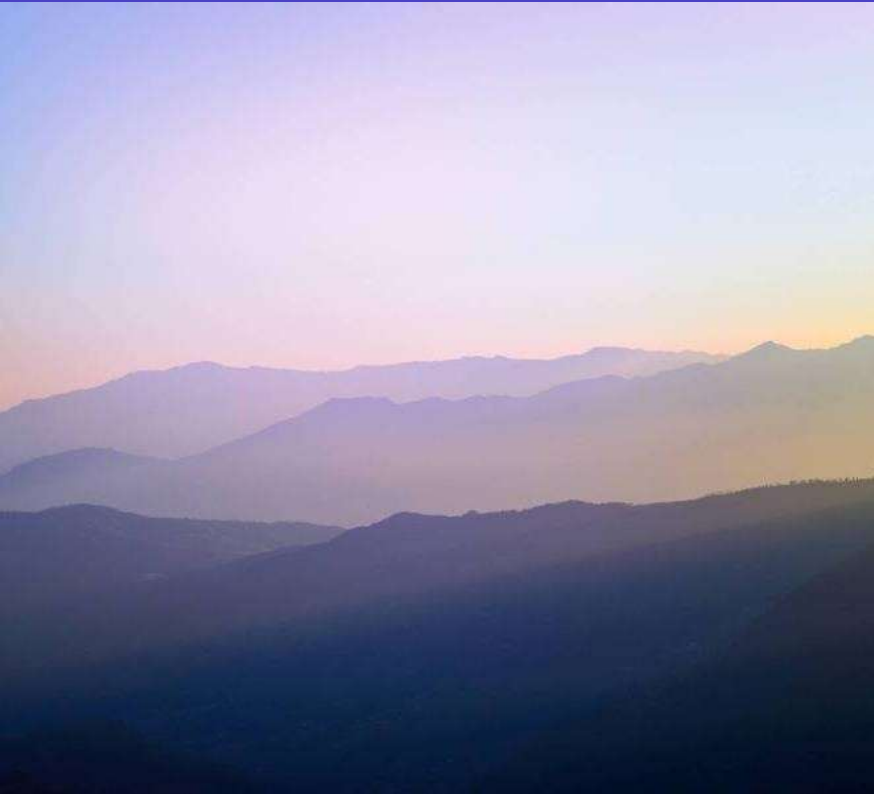


- End early/on time
- Ask for another connection
- Connect on LinkedIn
- Thank you note

**Let's  
Practice**



# Elevator Pitch



- College/major
- What are you involved in?
- What are you researching?
- Do you have any areas of specialty?
- What's your current long-term goal?

# The Interview



- Learn as much from your partner as you can!
- How did they get to where they are? What kind of advice do they have?
- Do they have a recommendation for a graduate student/faculty member that you should connect with next?

**Connect with Us!**  
**[Cppd@wakehealth.edu](mailto:Cppd@wakehealth.edu)**

**Find more resources:**  
**[opcd.wfu.edu](http://opcd.wfu.edu)**

