Welcome to PHE!
Incoming Graduate Student Orientation
Thank you!
"These assaults on Black lives come as we face the inequitable burden of the COVID-19 pandemic on Black and Brown communities, another example of the poison sprouted from systematic racism over centuries."

— Department of Public Health Education

**PROFESSOR’S SCHOLARSHIP AIMS TO ADDRESS EQUITY AND INCLUSION**

My goal is to illustrate how systems, structures, policies, and governmental decisions impact the life experiences of vulnerable communities and leads to disparate health outcomes

— Dixon
Welcome to PHE –
Incoming Graduate Student Orientation
Welcome to PHE!

Incoming Graduate Student Orientation
The Legend of Michael Larson
Your UNCG journey can be great if you are just…

Paying Attention!
<table>
<thead>
<tr>
<th>Time</th>
<th>MPH</th>
<th>PhD</th>
<th>Who is involved?</th>
</tr>
</thead>
</table>
| 10:00-10:30  | Departmental Welcome and Introductions  
PHE Zoom link  
https://uncg.zoom.us/j/97834407777 | Dr Perko and Graduate Program Committee (GPC) |
| 10:30-11:15  | MPH Program overview  
ZOOM Breakout Room #1 | PhD Program overview ZOOM Breakout Room #2 | Dr. Erausquin - PhD Breakout  
Dr. Perko/Dr. Gringle - MPH breakou |
| 11:15-11:45  | MPH meetings with Advisors  
(See below for assignments)  
ZOOM Breakout Rooms #3-11 | PhD students Intro to Library services  
ZOOM Breakout Room #2 | MPH Faculty Advisors  
Sam Harlow, HHS Librarian |
| 11:45-12:45  | Lunch with PHE - New students and faculty introductions  
PHE Zoom link  
https://uncg.zoom.us/j/97834407777 |  | PHE faculty |
| 12:45-1:15   | How to get mentored in graduate school  
PHE Zoom link  
https://uncg.zoom.us/j/97834407777 | Donna Myers – Admin. Prof,  
Jennifer Bailey (2nd yr. PhD)  
Brittany Chesney (2nd yr. PhD)  
PHE faculty |
| 1:15-2:00    | Current MPH student panel  
ZOOM Breakout Room #1 | Current PhD student panel  
ZOOM Breakout Room #2 | 2nd yr. MPH students:  
Brittany Chesney  
Danielle DeShazor  
Aaron Sturdivant |
|              |                                    |                                          | PhD students:  
Quinn Duclos (4th yr.)  
Jennifer Bailey (2nd yr.)  
Kunga Denzongpa (4th yr.) |
Top 5 Things To Enhance Your UNCG Graduate Student Experience

#5 Know where to get answers...

PHE Website (Current students >grad student tab):
• Especially look at MPH/ PhD Handbooks (and add’l resources listed at end of handbook)
• PHE graduate school calendar
• UNCG Graduate School
• UNCG Graduate Student Bulletin
• 6-tech (Information Technology Services)
• PHE grad student listserv: Send to: hh-phe-students-grad-l@uncg.edu

Also check archives: Go to http://ispartan.uncg.edu/ -> Click on “Groups” -> My groups -> PHE Graduate Students
## Top 5 Things To Enhance Your UNCG Graduate Student Experience

Know **where** to get answers

(But only after you have checked the resources on the previous page... we follow the “3 before me” policy)

<table>
<thead>
<tr>
<th>Questions about?</th>
<th>Who to see</th>
<th>Contact info</th>
</tr>
</thead>
<tbody>
<tr>
<td>General questions related to policy/procedures</td>
<td>Ellen Ashley</td>
<td>Coleman 437&lt;br&gt;<a href="mailto:efashley@uncg.edu">efashley@uncg.edu</a>&lt;br&gt;336-334-5532</td>
</tr>
<tr>
<td>Individual (specific situation) Graduate student questions related to policy/procedures</td>
<td>Mike Perko</td>
<td>Coleman 437C&lt;br&gt;<a href="mailto:Mike.perko@uncg.edu">Mike.perko@uncg.edu</a>&lt;br&gt;334-4963</td>
</tr>
<tr>
<td>Individual (specific situation) graduate student questions related to your graduate experience (e.g., coursework)</td>
<td>Your advisor</td>
<td>Listed under current student section&lt;br&gt;Check PHE faculty page</td>
</tr>
</tbody>
</table>
Top 5 Things To Enhance Your UNCG Graduate Student Experience

Changing Behavior

What people think changing behavior looks like

Changing Behavior

What changing behavior really looks like

PROMOTE. ENGAGE. CHANGE.
Top 5 Things To Enhance Your UNCG Graduate Student Experience

Resources:

- Writing Center (https://writingcenter.uncg.edu/)
- The Digital ACT (Action, Consultation, and Training) Studio (https://digitalactstudio.uncg.edu/)
- Your instructors and other colleagues
Top 5 Things To Enhance Your UNCG Graduate Student Experience

Develop your professional and support networks

Lean on each other

- Moral support
- Professional support (feedback on drafts; study groups; ask questions)

Attend conferences/ workshops

- Introduce yourself to people while you are there

Meet with faculty outside of class (not just your instructors)
Top 5 Things To Enhance Your UNCG Graduate Student Experience

“Don’t let your schoolwork get in the way of your education”

- It takes more than a 4.0 to get a job
- Have a resume (MPH)/ CV (PhD) and look for ALL ways to add to it
  - Work with faculty to gain experience
  - Internship is key (MPH)
  - Join a professional organization – APHA, SOPHE, ESG
  - Develop expertise across competencies
  - Volunteer in the community, department
Top 5 Things To Enhance Your UNCG Graduate Student Experience

#1

Have Goals (but be open to change and new opportunities)
The Department of Public Health Education’s Statement on our Commitment to Affirming Social Justice and Dismantling Racism

“We in Public Health Education condemn racism and its rotten fruits further illustrated by the recent murder of George Floyd on May 25, 2020 in Minneapolis, MN and the countless number of Black lives taken by police brutality, white supremacy, and bigotry, past and present: Breonna Taylor, Ahmaud Arbery, Sandra Bland, Marcus Deon Smith, and the list goes on. These assaults on Black lives come as we face the inequitable burden of the COVID19 pandemic on Black and Brown communities, another example of the poison...”
Sick in America – we will and do get sick

• 100+ million Americans diagnosed with pre- or type 2 diabetes.
• A major precursor to CVD is musculoskeletal health.
• 65% of Americans do not have their risk biomarkers under control.
• 70% of people take at least 1 Rx drug daily; 50% take 2; 20% take 5.
The Greatest Opportunity In The Last 200 Years

GLOBAL WELLNESS ECONOMY:
$4.2 trillion in 2017

Wellness Tourism $639b

- Personal Care, Beauty & Anti-Aging $1,083b
- Thermal / Mineral Springs $56b
- Spa Economy $119b

Fitness & Mind-Body $595b

Healthy Eating, Nutrition & Weight Loss $702b

Workplace Wellness $40b

Wellness Real Estate $134b

Preventive & Personalized Medicine and Public Health $575b

Traditional & Complementary Medicine $360b

Note: Numbers do not add due to overlap in segments. Dark colored bubbles are the sectors for which GWI conducts in-depth, country-level primary research. Light colored bubbles are sectors for which GWI aggregates global estimates only, drawing from secondary sources.

Source: Global Wellness Institute, Global Wellness Economy Monitor, October 2018
When it comes to Public Health...

WE’RE GONNA NEED
A BIGGER BOAT.
Next steps after you graduate?
For MPH students, what might you want to do for your internship?

Start thinking about what you will do after you graduate today! It is not too soon

What skills do you need to get there?

What does the field say? Consider CEPH competencies
Also consider 21st century skills, such as:
• Communication skills
• Team work and collaboration
• Problem solving
• Time management
Welcome to the PHE Family!

Incoming Graduate Student Orientation