

# BIOMEDICAL ENGINEERING

Official Newsletter of the Community & Student Engagement Committee

**Understanding the benefits & importance of diversity is essential to fostering a positive, innovative workplace.**



Corporate diversity policies aim to ensure representation and participation across various demographics.



Diversity programs enhance innovation, attract talent, build trust, and improve employee retention.



Diverse teams boost creativity and performance.



Companies with strong cultures of inclusion appeal more to both customers and prospective employees, especially among younger generations.



## DEVELOP YOUR CAREER PATH

- Focus on leveraging your expertise to create a satisfying and productive career.
- The Individual Development Plan (IDP) concept is commonly used in industry to help employees define and pursue their career goals.

[Click here to create your own IDP!](#)



## EVENTS

### Panel: Diversity in STEM for a Transformative Future

Nov 30, 11:30-12:30 pm  
Online - [Register HERE](#)

STEM is the catalyst of innovation and progress. To harness its full potential, we need diversity and inclusivity in the field. Companies are increasingly focusing its efforts in achieving these. How?

### Seminar: Supporting Students' Mental Health

Dec 7, 10-11 am  
Online - [Register HERE](#)

Hear from various personal development leaders about their innovative approaches to creating a nurturing and holistic environment to both teach students about the importance of mental health and support those who may be struggling.



Congratulations to **Jenova Kempkes** , BMEG honors, pre-med undergraduate. Jenova won first place at the Student Expo Pitch Competition hosted by the UARK Office of Entrepreneurship and Innovation & Startup Junkie. She has developed a medical device for infants born with hip dysplasia that gently corrects hip placement. Read more [here](#).

## PODCAST PICKS FOR PERSONAL & PROFESSIONAL GROWTH

**Harvard Business Review**



**STANFORD BUSINESS** GRADUATE SCHOOL OF



HBR IdeaCast / Episode 939  
**A High-Performance Coach on the Key to Achieving Your Full Potential**  
 0:00 | 32:18  
 A conversation with Michael Gervais about how to overcome the fear of other people's opinions to perform at your best.  
 Subscribe: Apple Podcasts, Google Podcasts, Spotify, RSS

**Think Fast Talk Smart**  
 Think Fast: Communication Techniques  
 9. From Dreaming to Doing: How We Set and Achieve  
 DESCRIPTION  
 00:00 / 19:30  
 Privacy Policy

Take a listen next time you're in the lab!

## 8 WAYS TO STAY PHYSICALLY & MENTALLY HEALTHY DURING GRAD SCHOOL

- Make sure you're getting enough sleep
- Don't do it alone; stay connected
- Eat food that will give you natural energy
- Check in with your mental health often
- Work out your frustrations
- Use breaks and holidays to rest
- Plan ahead in order to stay on track
- Don't stress about the little things

-ZOE AYRES, PHD