

Porta Advising Philosophy and Expectations of Advisees

“Working with Dr. Porta throughout my doctoral program was an incredible learning experience. In addition to being a prolific scholar, Carolyn integrates her current and past nursing practice and knowledge into her advisory role. She has always been willing to listen and offer support while also challenging me to explore new ideas and skills. I am grateful for having had the opportunity to work with Carolyn.” -Windy Fredcove, PhD, University of Minnesota PhD Graduate 2019*

“not only you are fantastic in mentorship and at your job, but you are also a loving and caring person both in your career and out in the world. Thank you for everything you did for me.” -Alice Zigama, University of Rwanda faculty*

Advising Philosophy

Pursuing advanced education is a serious commitment. It should be a pursuit driven by the heart, soul, and mind because in moments of intensity, frustration, or exhaustion, one of the three should be there to sustain commitment toward your goals. I am a reflective advisor, offering feedback and reaction to advisee ideas and strategies. I provide input from my own educational and lived experience, and my feedback/input is heavily informed by my own advisors, mentors, peers, and role models. I do not advise with an end goal of making someone successful; instead, I advise with the primary goal that you discover and actualize your capabilities in knowledge discovery and generation. Along the way there will be extant life factors; I will listen to your challenges and struggles, and then where possible, we will work together to identify solutions. I am here to support your growth toward independence and creativity in research, and competence and leadership in practice.

Currently, I am involved in multiple inter-professional projects:

- 1) forensic nurse workforce development including mentorship, leadership skills-building, and wellbeing efforts
- 2) healthcare worker burnout prevention and mitigation, including use of wearables to predict/prevent burnout
- 3) nurse homicide trends and predictors
- 4) psychedelics as healing modalities for trauma

Advisees are encouraged to engage in these projects including participation in team meetings, involvement in specific project activities, and possible development of a side-project building on the parent project.

Expectations of Advisees

I have high expectations of everyone I work with, advise, and mentor. I expect independent creative thinking, curiosity, intellectual honesty, follow-through, and efficient problem solving, and I offer the same to every advisee. I communicate expectations directly, with willingness to negotiate deliverables and timelines based on discussion and mutual agreement. Advisees working with me should expect to align their research and scholarship with my areas of expertise.

PHD Advisees: PhD advisees should actively engage in research activities, write grants as principal investigators, write manuscripts as first author, and submit abstracts for presentation in strategic scientific venues. PhD advisees will build their research experience while working with me, and will receive guidance to build their own research trajectory. Advisees will be included as co-authors when criteria for doing so have been met. PhD advisees will meet with me bi-weekly in the first year, and subsequently monthly, at minimum. PhD advisees are responsible for generating an actionable agenda, providing relevant materials in advance of the meeting, and getting through the agenda on time. Advisees will follow procedures in their respective handbook explicitly and independently.

DNP (Nursing) Advisees: DNP advisees will independently develop quality improvement project ideas. DNP advisees should write manuscripts as first author, and submit abstracts for presentation in strategic scientific and clinical practice venues. DNP advisees will build their clinical leadership experience while working with me, and will receive guidance to build their own clinical scholarship trajectory. DNP advisees will meet with me bi-weekly over the course of their project implementation and analysis. DNP advisees are responsible for generating an actionable agenda, providing relevant

materials in advance of the meeting, and getting through the agenda on time. Advisees will follow the DNP handbook explicitly and independently.

Undergraduate/Masters Advisees: Undergraduate and masters of science/public health advisees will develop their research study or applied project ideas. I will work with each advisee to generate a progression plan, including timeline for the current project and future trajectory. Advisees will be encouraged to have open conversation, clear communication, and recurrent meetings scheduled to evaluate progression. Undergraduate and graduate masters' level advisees are responsible for generating an actionable agenda, providing relevant materials in advance of the meeting, and getting through the agenda on time. Some advisees will disseminate their work via manuscript publication, poster presentation, or any other relevant venue. Advisees will follow the relevant handbook (honors, UROP, SPH student handbook, etc) explicitly and independently.

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