



Creating and Updating Your WordPress Eportfolio

Creating and updating your Eportfolio throughout your academic career will set yourself up for success in your future career in Public Health.



WORDPRESS

- You can showcase the skills, knowledge and experience you gain throughout the program.
- The MPH's preferred student e-portfolio tool is LinkedIn as it provides many great professional opportunities.
- If a student chooses not to use LinkedIn, then WordPress is the UVM approved alternative e-portfolio option.

The [Center for Teaching and Learning](#) has put together some resources that should help get you started.

Items that will need to be included on the Eportfolio include:

1. A blog web address that can be shared with your Instructors and classmates.
 - a. Example: blog.uvm.edu/yourname

2. An about page including:

A professional photo of yourself

- Make sure the picture is recent and looks like you, make sure your face takes up around 60% of it (long-distance shots don't stand out), wear what you would like to wear to work, and smile with your eyes!
- Your background photo is often the only visual element at the top of your page. It grabs people's attention, sets the context and shows a little more about what matters to you. More than anything, the right photo helps your page stand out, engage attention and stay memorable.
 - As you are considering a career in public health, you may want to consider images that reflect an area of public health you care about.
 - For additional images to add throughout your Eportfolio, free image ideas can be found at: [HTTPS://DUSTN.TV/FIND-FREE-IMAGES/](https://dustn.tv/find-free-images/)

A Headline Title

- Create a headline title to say a bit more about how you see your role, why you do what you do, and what makes you tick. Add that you are a student, your current job, and any fun ideas that help others know who you are.
 - Feel free to be creative!

A Summary



Creating and Updating Your WordPress Eportfolio

-
- Your summary is your chance to tell your own story – so don't just use it to list your skills or the job titles you've had. Try to bring to life why those skills matter – and the difference they can make to the people you work with. Don't be afraid to invest some time, try a few drafts, and run your summary past people you know. This is your most personal piece of content in the profile – and it's worth the effort.
 - A couple paragraphs max! Less is usually more - and less frustrating to write!
 - If you are at a loss for words to write, review profiles of people you admire and see what they've written for inspiration.
 - Be warm and welcoming.
 - Use the first person. Think "I'm a lifelong learner..." not "Heather Palow is a lifelong..."
 - Market yourself as a high performer in your summary and experience section (think action words, accomplishments, talking about times you've been promoted or hand-picked for projects).
 - Use less buzzwords, try and be creative!

 - 3. **Add a Professional Experiences page to your Eportfolio**
 - This will take time but PLEASE don't just copy and paste your resume.
 - Make sure your experience section is fleshed out with bullet points that describe what you did, how well you did it, and who it impacted.
 - List all of your relevant skills.
 - Add Projects, Volunteer Experiences, Languages, etc.

 - 4. **Add an Education details and collateral page to your Eportfolio**
 - Share case studies, videos, course presentations, photos, and other content that helps show what the coursework you are doing and the activities you have focused on in your area of PH interest.
 - This helps demonstrate passion, commitment, and helps people to understand what makes you tick.

 - 5. **Add a Volunteer page**
 - Share places that you've volunteered or where you would like to volunteer someday.
 - Find Companies that sound interesting to you and add them to your site.
 - Examples:
 - Center for Disease Control and Prevention
 - Departments of Health
 - Modern Healthcare

 - 6. **Add an Applied Practice Experience page**
 - If you are in the Orientation, this page will be left blank.



Creating and Updating Your WordPress Eportfolio

-
- If you are in the Applied Practice Experience, please see Blackboard for information on what should be added to this page.

Sharing Your EPortfolio Link

- You will need to be able to share your Eportfolio address with your Instructors, classmates and others so make sure you remember your link details and keep it handy throughout your UVM MPH program.
- You can add your WordPress Eportfolio address to your resume and other career documents just like you would a LinkedIn address, you'll just need to be aware that anyone you share the address with can see your information.

Sample Page: <https://blog.uvm.edu/cidmanra/>

Spend 15 Minutes a Month Updating Your Eportfolio

- Add a reminder to your calendar every month to spend 15 minutes updating a section or two of your Eportfolio, especially at the end of each semester.
- This Eportfolio should be kept up-to-date regularly so you don't have to add all of this information at the end of your MPH program.