



New Hampshire-Maine Leadership Education in Neurodevelopmental and Related Disabilities

Frequently Asked Questions

1. What is the typical time commitment each week for the LEND program?

The LEND program is a considerable commitment – of time and effort. Think carefully about your planned commitments for the coming year. As a LEND trainee, you will complete at least **300 hours** of additional training over the academic year. You can expect to spend between **16–20** hours a week on LEND activities.

2. I am enrolled in a graduate degree program. How do the requirements for the LEND program work with departmental requirements?

Each department has unique degree program requirements. The LEND program works closely with each department to coordinate scheduling and specific requirements, such as clinical clock hours (Communication Sciences and Disorders) and field placement (Social Work) requirements. Be sure to talk with the UMaine Training Coordinator and your academic advisor regarding specific questions.

3. I see there are three “cores” that comprise the LEND program. How is the work distributed over the course of the year?

LEND trainees engage in all three cores over the course of the academic year. Each core represents at least 100 hours of work (for a minimum of 300 hours). Some LEND activities are “fixed” and the schedule is predictable. Other LEND activities are “flexible” and will require coordination between the partner’s and your schedule.

- **Core I: LEND Seminar** meets on Fridays 9:10 am – 12:00 pm during both the fall and spring semesters. Trainees register for graduate credit (3 credit / semester).
- **Core II: Leadership Development** activities include some classroom work and some hands-on work in a placement with a community partner.
 - ◊ *Interdisciplinary Leadership Intensive* sessions meet once a month on Fridays 1:00 pm – 4:00 pm. (~30 hrs)
 - ◊ *Leadership in Action Placement* with a community partner to apply a variety of leadership skills in activities (~70 hrs)
- **Core III: Clinical Training and Preparation** experiences are scheduled over the academic year in coordination with your degree program requirements. Flexibility with scheduling is helpful; sites hold clinics on different days of the week.

See the Curriculum Overview on the NH-ME LEND website: <http://mchlend.unh.edu/Curriculum.aspx>

4. I see that a writing sample is part of the application process. What type of writing sample would be best – academic paper? literature review? clinical report?

We are interested in an example of your writing that demonstrates your ability to integrate information and concepts. Select an academic paper or literature review over a clinical report.

5. I see three letters of reference are part of the application process. May I use my letters submitted with my graduate school application?

We are interested in learning about your potential as a future leader and your commitment to the field of developmental disabilities. Your letters of reference should describe your professional skills, your ambitions, and your capacity for leadership. It is typically best to request letters from individuals you are currently working with, such as current professors and/or employers. It is also best to request letters from individuals not directly affiliated with the LEND program.

6. This is my first semester at the University of Maine. Should I wait to submit my transcript until grades are posted?

Yes, current grades would be best. You may also submit undergraduate transcripts or transcripts from other institutions.

7. What are the benefits of being a LEND Trainee?

The LEND network is far-reaching – in New Hampshire and Maine and across the nation. Many of our community partners are well-acquainted with the skills and experiences of LEND trainees and frequently employ our graduates. Likewise, your LEND experience acts as “currency” across the nation. As a LEND graduate, you will have unique experiences that will support your career and future professional opportunities. To learn more about the LEND network, visit: www.aucd.org/directory/directory.cfm?program=LEND

8. How can I learn more about what it’s “really like” to be a LEND Trainee?

- Talk with a current LEND trainee
- Review the Curriculum on the NH-ME LEND website: <http://mchlend.unh.edu/Curriculum.aspx>
- Contact Susan Russell, M.S., Interdisciplinary Training Director at UMaine at srussell@maine.edu

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