

# Complete Listing of COM Faculty Development Programs 2020-21

## August 2020

**August 31, 2020** Reappointment, Promotions & Tenure

Facilitator: Alex Lentsch, PHD

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

- 1) Summarize RPT guidelines and processes
- 2) Identify the requirements for each level of career advancement
- 3) Develop a plan to reach the necessary milestones for career advancement
- 4) Identify and avoid common mistakes made during the RPT process

## September 2020

**September 16, 2020** Research Mentoring

Facilitator: Jack Kues, PHD

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

1. Develop a mutually agreeable plan for the structure and function of mentor-mentee relationship.
2. Recognize the domains in which a mentor can be helpful to mentees.
3. Assess progress with the mentee and the mentor-mentee relationship.

**September 22, 2020** Tips and Tricks for Productivity, Time Management & Outlook

Facilitator: Ashley San Diego, MS, CHES® and D'Andre Gaymon

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

- 1) Identify how time management impacts us professionally and our well-being.
- 2) Describe 5 common themes to improve our productivity.
- 3) Plan and practice ways to be productive using Outlook and wellness related resources

## October 2020

**October 6, 2020** Interviewing Techniques

Facilitator: Jennifer O'Toole, MD, MEd, SFHM

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

- 1) Describe common scenarios for conducting interviews in academic medicine
- 2) Develop a behavioral-based interview scenario/question to select for traits/skills important to a role/specialty/program
- 3) Discuss ways to eliminate bias and promote diversity in the interview and selection process

**October 14, 2020** Team Science

Facilitator: Jack Kues, PHD

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

- 1) Review how "Team Science" has become a critical element of research and

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training grants

- 2) Define the basic underlying principles of “Team Science” and how they affect everyday work
- 3) Describe current CCTST Team Science resources available to support researchers, educators, and administrators

**October 20, 2020** Zen In Your Office Den: Yoga while you work

Facilitator: Kimber Andrews, PHD

Via: WebEx

Time: 12-1pm

- Learning Objectives:*
- 1) Learn about the benefits of mindfulness and yoga for building focus, attention, and managing every day stress
  - 2) Participate in simple mindfulness exercises that can be incorporated easily into the work day
  - 3) Experience accessible seated and standing yoga poses that can be done in the work environment
  - 4) Make a plan for incorporating simple mindfulness and yoga activities to increase general wellness

### November 2020

**November 3, 2020** “Can’t we all just get along?” Finding the middle ground that leads to effective Conflict Resolution.

Facilitator: Elizabeth Leenellett, MD

Via: WebEx

Time: 12pm – 1:00pm

- Learning Objectives:*
- 1) Identify your conflict style
  - 2) Recognize the fundamental concepts of conflict management
  - 3) Discuss specific conflict management styles and techniques
  - 4) Prepare for a difficult conversation

**November 10, 2020** How to Craft a Successful Specific Aims Page

Facilitator: Jen Veevers, PHD

Via: WebEx

Time: 12-1pm

- Learning Objectives:*
- 1) Identify the key features of a Specific Aims page
  - 2) Create a conceptual framework for a research proposal
  - 3) Translate a conceptual framework into the outline of a Specific Aims page
  - 4) Understand the do’s and don’ts of a Specific Aims page

**November 18, 2020** Joy in Work: Is it Possible?

Facilitator: Jennifer Molano, MD

Via: WebEx

Time: 12-1pm

- Learning Objectives:*
- 1) Summarize different definitions of work
  - 2) Discuss barriers to finding joy in work
  - 3) Brainstorm ways to increase joy in work

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## December 2020

**December 3, 2020** Leadership: Effectively Managing Teams

Facilitator: Jack Kues, PHD

Via: WebEx

Time: 11:30am – 12:30pm

*Learning objectives:*

- 1) Distinguish between leadership and management activities in a team
- 2) Identify different styles of leadership and how they apply to different types of teams
- 3) Utilize strategies to promote optimal functioning within teams
- 4) Recognize team dysfunction and its causes

**December 8, 2020** Communicating the Sciences: Media Training for Researchers and Clinicians.

Facilitator: Cedric Ricks

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

- 1) Why work with media?
- 2) Dos and Don'ts when speaking with media
- 3) What is news?

**December 15, 2020** Battling Emotional Exhaustion: Choosing to Thrive While Caring for/Supporting Others

Facilitators: Jamilah Hackworth, EdD and Mallory Minham, MEd

Via: WebEx

Time: 12-1:15pm

*Learning Objectives:*

- 1) Discuss the causes and consequences of emotional exhaustion
- 2) Develop an action plan for battling emotional exhaustion including strategies shared in the session

## January 2021

**January 5, 2021** Resilient Leadership

Facilitator: Evie Alessandrini, MD

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

- 1) Discuss Self-development and coaching others as enablers of resilient leadership
- 2) Apply change management principles to advance and enhance leadership resilience
- 3) Embrace failures as a way to enhance resilience

**January 12, 2021** Translational Pharma

Facilitators: Andrew Norman, PHD and Terry Kirley, PHD

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

- 1) The major differences in the philosophy between basic and translational research.

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- 2) How academic scientists can navigate the regulatory environment around pre-clinical development of products intended for human use.
- 3) The importance of coordination between academic laboratories and Contract Research Organizations

**January 19, 2021** Physician Burnout - A Personal Experience Story

Facilitator: Mike Holliday, MD

Via: WebEx

Time: 12-1pm

Learning Objectives:

- 1) Explain how the individual, local environment, organization and national system factors interact in those with burnout
- 2) Question dichotomous views of burnout that only address either individual resiliency or system factors
- 3) Give an example of an integrated approach to increase joy in the workplace

**January 26, 2021** T/E

Facilitator:

Via:

*Learning Objectives:*

### February 2021

**February 2, 2021** Not having one

**February 9, 2021** Translating AI to Clinical Care: The cases of Suicide Prevention, Homelessness and Epilepsy Neurosurgery

Facilitator: John Pestian, PHD, MBA

Via: WebEx

Time: 12-1pm

Abstract: *I will review how we have applied machine learning, and natural language processing for the early identification of epilepsy neurosurgery, suicide prevention, and homelessness.*

Learning Objectives:

- 1) Understand the difference between structured and unstructured data
- 2) Understand how to assess the quality of data and the conspirators of error.
- 3) Understand the types of artificial intelligence and when they are should be used in clinical care
- 4) Understand how natural language processing can be used for sentiment analysis and its weakness
- 5) Understand the issues related to reproducibility and study design.

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**February 16, 2021** Drop and Give Me 30.....Healthy Cooking in Half an Hour

Facilitator: Bruce Giffin, PHD

Via: WebEx

Time: 12-1pm

### **Description:**

Participants will be introduced to cooking techniques and strategies that foster the use of the most healthful foods in fast (30 minute) meal preparation. All participants will receive a document containing some of the presenter's favorite healthy dinner recipes ready in 30 minutes.

### **Learning objectives:**

Participants will be able to...

1. Identify the five food groups, and give examples of foods in each.
2. Explain how *MyPlate* serves as a reminder to eat food from each food group.
3. Make a healthy grocery list in minutes for nutritious food shopping.
4. Create a healthy meal containing a food from each food group.
5. Incorporate strategies and cooking techniques to get dinner ready in 30 minutes.

**February 23, 2021** T/E

Facilitator:

Via:

## March 2021

**March 2, 2021** Not having one

**March 9, 2021** How to Engage/Leverage Shared Research Core Facilities

Facilitator: Ken Greis, PHD

Via: WebEx

Time: 12pm – 1pm

- Learning Objectives:*
- 1) Understand what it means to be a Shared Research Core facility.
  - 2) Understand how these facilities are financed and maintain government cost compliance.
  - 3) Understand which Shared Research Core facilities are available to researcher in the Academic Health Center.
  - 4) Understand the best practices for engaging with Shared Research Core facilities.

**March 16, 2021** Take Time to Care for Yourself: Wellness Resources at UC

Facilitators: Ashley San Diego, MS, CHES® & Mary Uhl, M.Ed., SPHR

Via: WebEx

Time: 12-1pm

- Learning Objectives:*
- 1) Learn about UC's employee wellness program, Be Well UC.
  - 2) Identify 2-3 ways to engage with Be Well UC.
  - 3) Build awareness of UC's Employee Assistance Plan (EAP), Impact Solutions.
  - 4) Detail UC Benefits Resources

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**March 30, 2021** T/E

Facilitator:

Via:

*Learning Objectives:*

### April 2021

**April 6, 2021** Improvement Science: Designing Systems for Better Outcomes

Facilitator: Sean Josephs, MD

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

**April 13, 2021** Effective Virtual Meetings

Facilitator: Josette Riep

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

**April 20, 2021** Narrative Medicine

Facilitator: Shana Feibel, DO

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

**April 27, 2021** T/E

Facilitator:

Via:

*Learning Objectives:*

### May 2021

**May 3, 2021** Taking Advantage of Your Annual Performance Review

Facilitator: Alex Lentsch, PHD

Via: WebEx

Time: 12-1pm

*Learning objectives:*

- 1) Develop an agenda that allows you to take control of your performance review
- 2) Formulate realistic expectations and goals by working with your chief or chair
- 3) Discuss what information you should include in your review and why
- 4) Review what topics you should discuss with your chief or chair
- 5) Summarize how to deal with uncomfortable discussions

**May 18, 2021** How to recognize signs of mental illness in others (and yourself!), tips, and resources"-Draft Title

Facilitator: Christopher Maret, MD, MPH

Via: WebEx

Time: 1:30pm – 2:30pm

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### *Learning Objectives:*

**May 25, 2021** T/E

Facilitator:

Via:

### **June 2021**

**June 1, 2021** Sharpening Your Empathic Response to Patient and Family Emotion

Facilitator: Douglas Smucker, MD

Via: WebEx

Time: 12-1pm

### *Learning Objectives:*

**June 16, 2021** I Don't Have Time For That.....Work-Life Balance On A Schedule

Facilitators: Michael Archdeacon, MD, MSE and Dani Zander, MD & Ashley San Diego, MS, CHES®

Via: WebEx

Time: 12pm – 1pm

### *Learning Objectives:*

- 1) Appreciate The Dependency of Work-On-Life & Life-On-Work
- 2) Identify What Is Important To You And Prioritize
- 3) Discuss “What Has Worked” For One Individual Looking For Themes & Personal Opportunities
- 2) Highlight strategies and resources for work-life balance and stress management

**June 29, 2021** T/E

Facilitator:

Via: WebEx

### *Learning Objectives:*