2018 Professional Development Bootcamp Series

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AGENDA

- Introductions/sign-in
- Goal-setting didactic
- Small group work
- Solo work
- Follow-up
# 2018 PD Bootcamp Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Faculty</th>
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<tr>
<td>9/5/18</td>
<td>Introduction / Goal setting</td>
<td>Arden Morris</td>
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<tr>
<td>9/12/18</td>
<td>Overcoming PD Obstacles</td>
<td>Chief residents</td>
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<td>9/19/18</td>
<td>Lit review and ref management</td>
<td>Chris Stave</td>
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<td>9/26/18</td>
<td>Research design and statistics</td>
<td>Amber Trickey</td>
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<td>10/3/18</td>
<td>Common statistical mistakes</td>
<td>Alex Sox-Harris</td>
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<td>10/10/18</td>
<td>Working with your mentor</td>
<td>Cindy Kin</td>
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<td>10/17/18</td>
<td>How to give a great presentation</td>
<td>Tom Krummel</td>
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<td>10/31/18</td>
<td>Effective interviews</td>
<td>Ron Dalman</td>
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<td>11/7/18</td>
<td>Writing workshop</td>
<td>Mike Longaker</td>
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<td>11/14/18</td>
<td>Debrief, Follow-up plan</td>
<td>Marc Melcher</td>
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GOAL SETTING THEORY—Edwin Locke

• Goal-setting is the most important influencer of workplace performance
• The more difficult and specific a goal, the harder people will work to achieve it.
SMART GOALS

• S—Specific
• M—Measurable
• A—Attainable
• R—Relevant
• T—Timebound
SPECIFIC
MEASURABLE
ATTAINABLE
RELEVANT
TIME-BOUND
SMALL GROUP WORK

• Groups of 3-4
• Share at least 2 goals
• Group feedback
• Revise / prioritize
SOLO WORK

- Record 1-3 goals in order of priority
- Discuss with your primary mentor
- Check weekly progress before coming to PD bootcamp
- Plan at least 3 tasks weekly to accomplish your #1 goal
- Block time for tasks in your calendar
NEXT TIME—PD FAILURES & OBSTACLES

• Jeff Joplin, Katie Blevins, Clem Marshall
• Come prepared with at least 2 questions
• Identify avoidable obstacles
• Understand strategies for self management