

2023 Professional Development Bootcamp Series

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AGENDA

- Introductions/sign-in
- Research resources
- Goal-setting didactic
- Small group work
- Solo work
- Follow-up



2023 PD Bootcamp Schedule

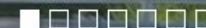
Date	Topic	Faculty
8/2/23	Introduction / Goal Setting	Arden Morris
8/9/23	Literature Review	Chris Stave
8/16/23	How to Work with your Mentor	Lisa Knowlton
8/23/23	Study Design	Laura Graham

2023 PD Bootcamp Schedule

Date	Topic	Faculty
8/30/23	Writing Workshop	Clifford Sheckter
9/6/23	How to give a Great Presentation	Stephanie Chao
9/13/23	PD Failures and Obstacles	Kirbi Yelorda Jeff Choi Wilson Alobuia
9/20/23	Planning and Conducting a Successful Interview	Marc Melcher



Stanford-Surgery Policy Improvement Research & Education Center

[Our Mission →](#)

S-SPIRE CENTER

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Welcome

Founded in 2016, S-SPIRE is more than a center; it is a community of surgeon-scientists, dedicated to research that shapes policy and improves the value of healthcare. In addition to a wealth of evergreen [professional development and study design resources](#), our team is available to [collaborate](#) on health services research projects. Join us for [weekly work-in-progress sessions](#) to experience—and contribute to—our culture of mentorship and collaboration. All are welcome.

[Funding](#)[Work-in-Progress](#)

Tweets from @StanfordSPIRE



S-SPIRE ...
@... · Jul 20



How do
[#PositiveMindset](#) and
career in colorectal
[#surgery](#) overlap?
[@BrookeGurland](#) breaks

Goal Setting Theory

Locke & Latham

- Most important influencer of workplace performance
- The more difficult and specific a goal, the harder people work to achieve it.
- Easy or tedious work is demotivating

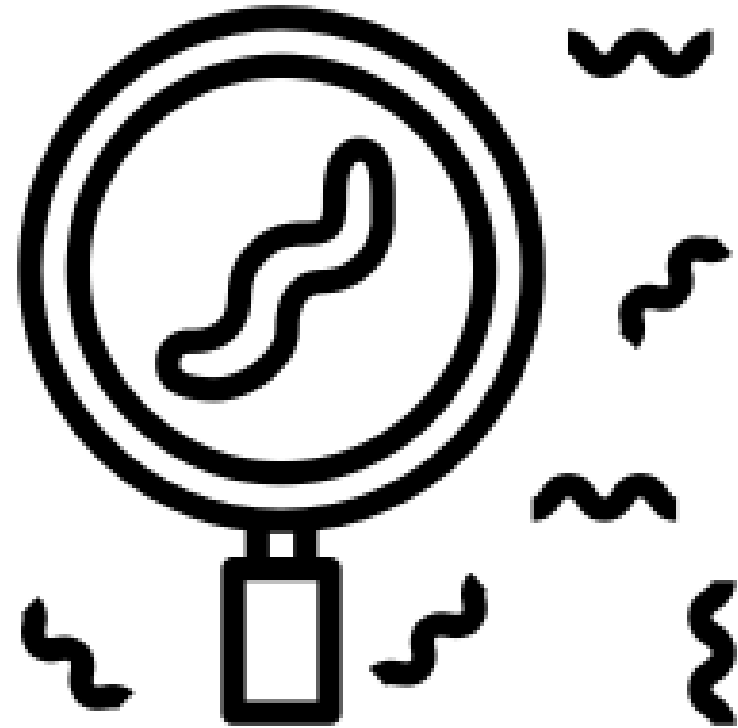


SMART Goals

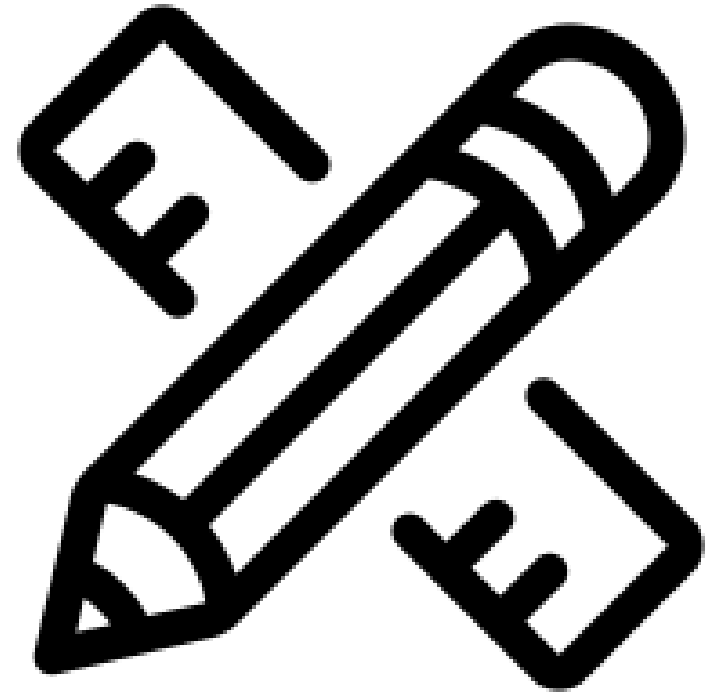
- S—Specific
- M—Measurable
- A—Attainable
- R—Relevant
- T—Timebound



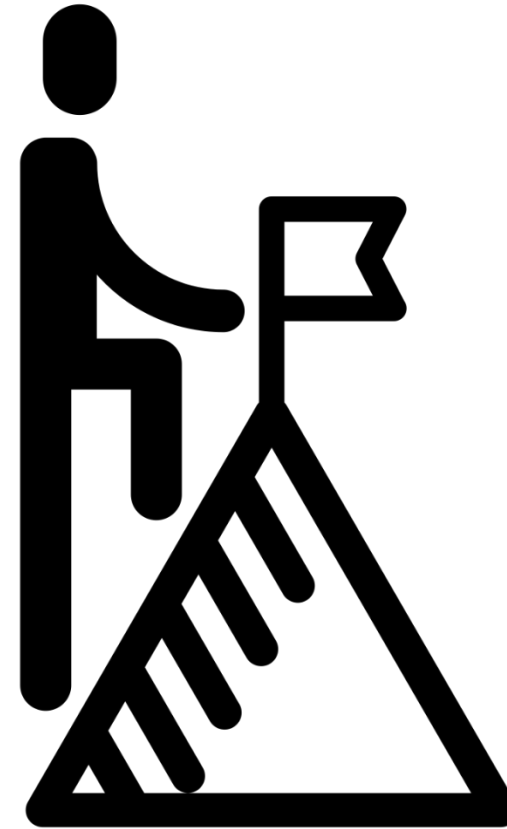
SPECIFIC



MEASURABLE



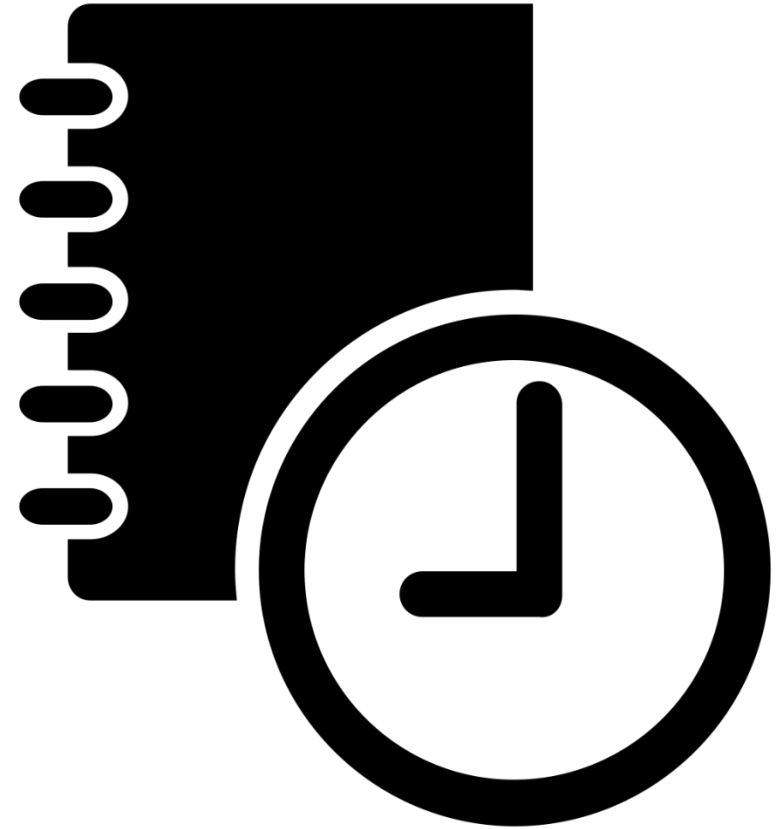
ATTAINABLE



RELEVANT



TIME-BOUND



SMALL GROUP WORK

- Groups of 3-4
- Share at least 2 draft SMART goals for this year in order of priority
- Group feedback
- Revise



SOLO WORK

- Record 3 goals in order of priority
- Discuss/revise with your primary mentor
- Send me your revised #1 goal – AFTER discussion with your mentor.
- Plan at least 3 tasks weekly to accomplish your #1 goal
- Block time for tasks in your calendar
- Check progress before PD bootcamp sessions weekly



Next week: Chris Stave, DOS librarian



- Reference management
- Literature review
- Lane library resources

