2019 Professional Development Bootcamp Series

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AGENDA

• Introductions/sign-in
• Research resources
• Goal-setting didactic
• Small group work
• Solo work
• Follow-up
# 2019 PD Bootcamp Schedule

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<td>Introduction / Goal setting</td>
<td>Arden Morris</td>
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<td>Chief residents</td>
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<td>9/18/19</td>
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<td>10/2/19</td>
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<td>10/9/19</td>
<td>How to Work With Your mentor</td>
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<td>10/16/19</td>
<td>Statistical Problem Solving</td>
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<td>10/23/19</td>
<td>How to Give a Great Presentation</td>
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<td>11/6/19</td>
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<td>James Korndorffer, Arden Morris</td>
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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 for one-on-one consultations. Join us for weekly work-in-progress sessions to experience—and contribute to—our culture of mentorship and collaboration. All are welcome.

Resources
Goal Setting Theory
Locke & Latham

- Most important influencer of workplace performance
- More difficult and specific a goal, the harder people work to achieve it.
- Easy or tedious 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 SMART goals for this year
- Group feedback
- Revise / prioritize
SOLO WORK

- Record 3 goals in order of priority
- Discuss/revise with your primary mentor
- Send me (ammsurg@Stanford.edu) your revised #1 goal.
- Plan at least 3 tasks weekly to accomplish your #1 goal
- Block time for tasks in your calendar
- Check weekly progress before coming to PD Bootcamp
Navigating the PD Years

• Jeff Joplin, Miquell Miller, Tiffany Sinclair, Graeme Rosenberg
• Come prepared with at least 2 questions
• Identify avoidable obstacles
• Understand strategies for self management