2020 Professional Development Bootcamp Series

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AGENDA

• Introductions/sign-in
• Research resources
• Goal-setting didactic
• Small group work
• Solo work
• Follow-up
## 2020 PD Bootcamp Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Faculty</th>
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<tbody>
<tr>
<td>7/8/2020</td>
<td>Introduction / Goal setting</td>
<td>Arden Morris</td>
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<tr>
<td>7/15/2020</td>
<td>Literature review and reference management</td>
<td>Chris Stave</td>
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<tr>
<td>7/22/2020</td>
<td>Research Design and Fundamentals of Biostats</td>
<td>Amber Trickey</td>
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<tr>
<td>7/29/2020</td>
<td>Navigating the PD Years</td>
<td>Senior residents</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
• 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 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 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 leadership sessions monthly
Next week...Amber Trickey