



University of California  
San Francisco

CAMPUS COUNCIL ON *Faculty Life*

# Faculty Development Day 2023

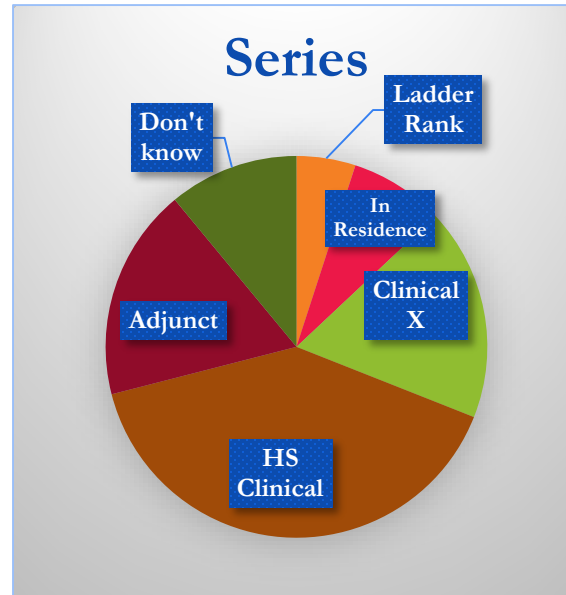
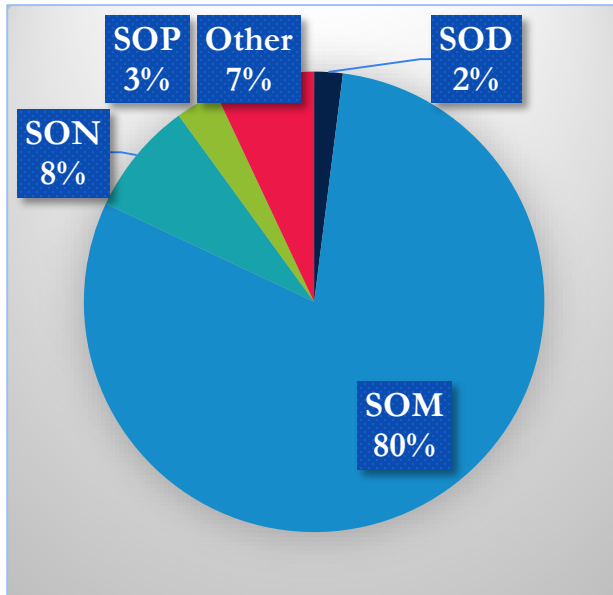


## Welcome Remarks

Angel Kuo, EdD, RN, CPNP, Chair of Faculty Development Day Subcommittee

Brian Alldredge, PharmD, Vice Provost- Academic Affairs

# Who's here with us today?



China Basin	VAMC
Mission Bay	UCSF Benioff Children's Hospital Oakland
Mount Zion	Remote
Parnassus	
ZSFG	Other

# Faculty Development Day Planning Committee Members



Mel Heyman



Marianne Juarez



Sanjay Reddy



Javay Ross



Aparna Sundaram



Brian Alldredge,  
VPAA



Irene Merry



Abby Draper




Ben Wallen, ETS

# In-Person Resource Fair

<https://facultyacademicaffairs.ucsf.edu/faculty-life/faculty-development-day/resources>




# Today's Programming: AM Webinar

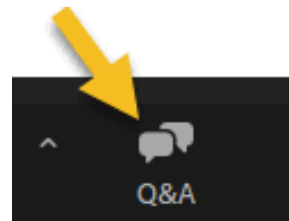
<b>9:15-10:30 am</b>	<b>Faculty Advancement and Promotion</b> Gain knowledge about: the similarities and differences among the faculty series at UCSF, the criteria for moving through the faculty ranks, and how to succeed at UCSF in all series and ranks. Presenters: <a href="#">Pedram Aleshi</a> , MD; <a href="#">Brian Alldredge</a> , PharmD; <a href="#">Robin Corelli</a> , PharmD; <a href="#">Christina Mangurian</a> , MD, MAS; <a href="#">Catherine Waters</a> , RN, PhD, FAAN; <a href="#">Torsten Wittmann</a> , PhD
<b>10:30-10:45 am</b>	<b>Break</b>
<b>10:45-11:30 am</b>	<b>Faculty Compensation</b> Receive information about the academic salary structure (X, Y, & Z) and learn what benefits are covered under “X” and “Y.” Presenter: Emerald Light, Assistant Vice Provost-Academic Affairs
<b>11:30-12:00 am</b>	<b>Tips and Resources</b> Creating and Supporting a Culture of Wellbeing at UCSF. Presenters: <a href="#">Starr Knight</a> , MD; <a href="#">Elizabeth Rogers</a> , MD; <a href="#">Diane Sliwka</a> , MD; <a href="#">Larissa Thomas</a> , MD
<b>12:00-1:00 pm</b>	<b>Lunch Break</b> 



# Afternoon Webinar

1:00-2:15 pm	<b>Tips for Faculty Success from Departmental Leaders</b> Receive tips for discussing salary, funding, space, protected time, and other needs with your department leadership and Deans. Presenters: <a href="#">Jyu Lin Chen</a> , RN, PhD, FAAN; <a href="#">Margaret Fang</a> , MD; <a href="#">Michael Gropper</a> , MD, PhD; <a href="#">Meshell Johnson</a> , MD; <a href="#">Jeremy Reiter</a> , MD, PhD
2:15-2:30 pm	Break 

During the Webinar:



Please use the Q&A function to type in your questions!

# Concurrent Workshops 230-4PM

## **Managing Your Research Career – Behavioral, Clinical and Public Health Sciences**

Review strategies to enhancing your research career, including staffing your research team, publishing your research, and balancing research with other academic demands (e.g., teaching and service).

Presenters: [Gregory Marcus](#), MD, MAS; [Jerry John Nutor](#), PhD, RN, MS; [Nynikka Palmer](#), DrPH, MPH; [Linda Park](#), PhD, NP, FAAN

## **Managing Your Research Career – Basic and Translational Sciences**

Learn about setting up and staffing a lab, balancing research with other academic pursuits (e.g., teaching and clinical service), and doing basic research within a clinical department.

Presenters: [Peter Hunt](#), MD; [Marisa Medina](#), PhD; [Akinyemi Oni-Orisan](#), PharmD, PhD [Mercedes Paredes](#), MD, PhD

## **Achieving Success as an Educator**

Learn tips to help guide successful advancement and discover methods to balance teaching, educational scholarship, and clinical practice.

Presenters: [Jean Calvo](#), DDS, MPH; [Denise Connor](#), MD; [Elizabeth Gatewood](#), DNP, RN, FNP; [Stephanie Hsia](#), PharmD, MA; [Cindy Lai](#), MD

## **Achieving Success as a Clinician**

Discuss strategies for succeeding in academia when your primary role is focused on providing clinical care.

Presenters: [Erica Brode](#), MD, MPH; [Chelsea Landolin](#), RN, MS, NP; [Paul Nadler](#), MD; [Sanjay Reddy](#), MD

# Tips to Prevent/Manage Zoom Fatigue



Avoid multitasking

1



Build-in Breaks

2



Reduce onscreen  
stimuli

3

#4



## Use your meeting breaks wisely.

When given the opportunity for a break between or during meetings, try to take a moment to reset away from the computer screen.

Ideas for a productive wellness break include:

**Move:** stretch, walk, exercise.

**Breath:** close your eyes and take some deep breaths.

**Meditate:** follow a short guided meditation.

**Nourish:** check in with yourself and hydrate and nourish as needed.

<https://ambiautomation.ambimat.com/zoom-fatigue-how-to-make-video-calls-less-tiring/>

[https://campusliveservices.ucsf.edu/upload/wellnesscommunity/files/Virtual Meeting Wellness Guide.pdf](https://campusliveservices.ucsf.edu/upload/wellnesscommunity/files/Virtual_Meeting_Wellness_Guide.pdf)



# Evaluations

