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?

- SOM 80%
- Son 8%
- SOP 3%
- Other 7%
- SOD 2%

Series:
- Clinical X
- HS Clinical
- Ladder Rank
- In Residence
- Adjunct
- Don't know

Rank:
- Instructor
- Assistant Prof
- Associate Prof
- Professor
- Other

<table>
<thead>
<tr>
<th>China Basin</th>
<th>VAMC</th>
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<tbody>
<tr>
<td>Mission Bay</td>
<td>UCSF Benioff Children's</td>
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<td></td>
<td>Hospital Oakland</td>
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<td>Mount Zion</td>
<td>Remote</td>
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<td>Parnassus</td>
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<td>ZSFG</td>
<td>Other</td>
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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

Postponed
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>9:15-10:30 am</td>
<td><strong>Faculty Advancement and Promotion</strong>&lt;br&gt;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.&lt;br&gt;Presenters: [Pedram Aleshi], MD; [Brian Alldredge], PharmD; [Robin Corelli], PharmD; [Christina Mangurian], MD, MAS; [Catherine Waters], RN, PhD, FAAN; [Torsten Wittmann], PhD</td>
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<tr>
<td>10:30-10:45 am</td>
<td>Break</td>
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| 10:45-11:30 am| **Faculty Compensation**<br>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 |
| 11:30-12:00 am| **Tips and Resources**<br>Creating and Supporting a Culture of Wellbeing at UCSF.
Presenters: [Starr Knight], MD; [Elizabeth Rogers], MD; [Diane Sliwka], MD; [Larissa Thomas], MD |
| 12:00-1:00 pm| Lunch Break                                               |
# Afternoon Webinar

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Presenters</th>
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<tbody>
<tr>
<td>1:00-2:15 pm</td>
<td>Tips for Faculty Success from Departmental Leaders</td>
<td>Jyu Lin Chen, RN, PhD, FAAN; Margaret Fang, MD; Michael Gropper, MD, PhD; Meshell Johnson, MD; Jeremy Reiter, MD, PhD</td>
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<tr>
<td>2:15-2:30 pm</td>
<td>Break</td>
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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](mailto:gregory.marus@ucsf.edu), MD, MAS; [Jerry John Nutor](mailto:Jerry.John.Nutor@ucsf.edu), PhD, RN, MS; [Nynikka Palmer](mailto:Nynikka.Palmer@ucsf.edu), DrPH, MPH; [Linda Park](mailto:Linda.Park@ucsf.edu), 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](mailto:Peter.Hunt@ucsf.edu), MD; [Marisa Medina](mailto:Marisa.Medina@ucsf.edu), PhD; [Akinyemi Oni-Orisan](mailto:Akinyemi.Oni-Orisan@ucsf.edu), PharmD, PhD; [Mercedes Paredes](mailto:Mercedes.Paredes@ucsf.edu), 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](mailto:Jean.Calvo@ucsf.edu), DDS, MPH; [Denise Connor](mailto:Denise.Connor@ucsf.edu), MD; [Elizabeth Gatewood](mailto:Elizabeth.Gatewood@ucsf.edu), DNP, RN, FNP; [Stephanie Hsia](mailto:Stephanie.Hsia@ucsf.edu), PharmD, MA; [Cindy Lai](mailto:Cindy.Lai@ucsf.edu), 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](mailto:Erica.Brode@ucsf.edu), MD, MPH; [Chelsea Landolin](mailto:Chelsea.Landolin@ucsf.edu), RN, MS, NP; [Paul Nadler](mailto:Paul.Nadler@ucsf.edu), MD; [Sanjay Reddy](mailto:Sanjay.Reddy@ucsf.edu), MD
Tips to Prevent/Manage Zoom Fatigue

1. Avoid multitasking
2. Build-in Breaks
3. Reduce onscreen stimuli

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://campuslifeservices.ucsf.edu/upload/wellnesscommunity/files/Virtual_Meeting_Wellness_Guide.pdf
Evaluations