

## BECOMING A RESILIENT SCIENTIST - FEEDBACK

OMB Number: 0925-0648

Expiration Date: 31 May 2021

Burden Time: 20 minutes

### GENERIC INFORMATION

What is your affiliation?:\*

What is your educational status?:\*

How did you participate in this event?:\*

### SATISFACTION WITH WEBINAR

Overall, how would you rate this webinar?

excellent  very good  good  fair  poor

How likely are you to recommend this webinar to a friend or a colleague?:

very likely  somewhat likely  neither likely or unlikely  somewhat unlikely  very unlikely

I can use the information I learned in the webinar.:

strongly agree  agree  neutral  disagree  strongly disagree

The tools from the webinar were practical and easy to apply.:

strongly agree  agree  neutral  disagree  strongly disagree

I intend to share information learned in this webinar with a colleague or a friend.:

strongly agree  agree  neutral  disagree  strongly disagree

The following questions pertain to your reactions after the webinar. After the webinar,:

I am motivated to apply what I learned in the webinar.:

strongly agree  agree  neutral  disagree  strongly disagree

**After the webinar, I am trying to implement the tools/changes I learned.:**

strongly agree  agree  neutral  disagree  strongly disagree

**How can we make the webinar better?:**

**What was your single biggest takeaway from the webinar?:**

### **FEEDBACK ON SMALL DISCUSSION GROUPS**

**Did you attend the small group discussions?:\***

yes  no

**Overall, how would you rate the small group session?:**

excellent  very good  good  fair  poor

**How helpful was the small group session?:**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**The small group session helped solidify what I learned in the webinar.:**

strongly agree  agree  neutral  disagree  strongly disagree

**The small group session motivated me to implement what I learned in the webinar.:**

strongly agree  agree  neutral  disagree  strongly disagree

**I felt comfortable discussing various issues in the small group session.:**

strongly agree  agree  neutral  disagree  strongly disagree

**The number of participants in the small group session was:**

too large  a bit large  just right  a bit small  too small

**If you have specific feedback about small group discussions, please let us know.:**

## SESSION I - INTRODUCTION TO RESILIENCE AND WELLNESS

Did you attend the small group facilitation session on Introduction to Resilience and Wellness?:\*

yes  no

How well did you understand Introduction to Resilience and Wellness BEFORE participating in the webinar?:

extremely well  very well  moderately well  slightly well  not well at all

How well did you understand Introduction to Resilience and Wellness AFTER participating in the webinar?:

extremely well  very well  moderately well  slightly well  not well at all

The following questions pertain to the tools presented in Resilience and Wellness in the workplace.:

I – How helpful is Journaling?:

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

I – How helpful is Mindfulness?:

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

I – How helpful is Community?:

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

I – How helpful is Therapy?:

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

## SESSION II - EXPLORING OUR SELF-TALK: COGNITIVE DISTORTIONS AND IMPOSTER FEARS

Did you attend the small group discussions on Cognitive Distortions and Imposter Fears?:\*

yes  no

How well did you understand Cognitive Distortions and Imposter Fears BEFORE participating in the webinar?:

extremely well  very well  moderately well  slightly well  not well at all

How well did you understand Cognitive Distortions and Imposter Fears AFTER participating in the webinar?:

extremely well  very well  moderately well  slightly well  not well at all

The following questions pertain to the tools that could help with cognitive distortions and imposter fears in the workplace.

II – How helpful is journaling?:

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**II – How helpful is a Jackal/Giraffe/Ostrich log?:**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**II – How helpful is Talking About It With Others?:**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**II – How helpful is HATS?:**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

### **SESSION III - EMOTIONS AND EMOTIONAL INTELLIGENCE IN THE WORKPLACE**

**Did you attend small group discussions on Emotions and Emotional Intelligence in the Workplace?:\***

yes  no

**How well did you understand Emotions and Emotional Intelligence in the Workplace BEFORE participating in the webinar?:**

extremely well  very well  moderately well  slightly well  not well at all

**How well did you understand Emotions and Emotional Intelligence in the Workplace AFTER participating in the webinar?:**

extremely well  very well  moderately well  slightly well  not well at all

**The following questions pertain to the tools presented that could help Emotions and Emotional Intelligence in the workplace?:**

**III – How helpful is Tool-A?**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**III – How helpful is Tool-B?**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**III – How helpful is Tool-C?**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**III – How helpful is Tool-D?**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

### **SESSION IV - SELF-ADVOCACY AND ASSERTIVENESS**

**Did you attend the small group facilitation session on Self-Advocacy and Assertiveness?:\***

yes  no

**How well did you understand Self-Advocacy and Assertiveness BEFORE participating in the webinar?:**

extremely well  very well  moderately well  slightly well  not well at all

**How well did you understand Self-Advocacy and Assertiveness AFTER participating in the webinar?:**

extremely well  very well  moderately well  slightly well  not well at all

**The following questions pertain to the tool presented that could help self-advocacy and assertiveness in the workplace.**

**IV – How helpful are I-Statements?:**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**IV – How helpful is Empathetic Listening?:**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**IV – How helpful is Fogging/Stuck Record?:**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**IV – How helpful is Negative/Positive Inquiry?:**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

## **SESSION V - DEVELOPING FEEDBACK RESILIENCE**

**Did you attend small group discussions on Developing Feedback Resilience?:\***

yes  no

**How well did you understand Feedback Resilience BEFORE participating in the webinar?:**

extremely well  very well  moderately well  slightly well  not well at all

**How well did you understand Feedback Resilience AFTER participating in the webinar?:**

extremely well  very well  moderately well  slightly well  not well at all

**The following questions pertain tools presented during the Developing Feedback Resilience in the workplace?:**

**V – How helpful is Tool-E?:**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**V – How helpful is Tool-F?:**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**V – How helpful is Tool-G?:**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**V – How helpful is Tool-H?:**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**SESSION VI - MANAGING UP TO MAXIMIZE MENTORING RELATIONSHIPS**

**Did you attend small group discussions on Managing Up to Maximize Mentoring Relationships?:\***

yes  no

**How well did you understand Managing Up to Maximize Mentoring Relationships BEFORE participating in the webinar?:**

extremely well  very well  moderately well  slightly well  not well at all

**How well did you understand Managing Up to Maximize Mentoring Relationships AFTER participating in the webinar?:**

extremely well  very well  moderately well  slightly well  not well at all

**The following questions pertain to the tools that could help with Managing Up to Maximize Mentoring Relationships?:**

**VI – How helpful is Tool-I?:**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**VI – How helpful is Tool-J?:**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**VI – How helpful is Tool-K?:**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

**VI – How helpful is Tool-L?:**

extremely helpful  very helpful  moderately helpful  slightly helpful  not at all helpful

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