

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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