

BECOMING A RESILIENT SCIENTIST SUMMER SERIES - FEEDBACK

OMB Number: 0925-0648

Expiration Date: 31 May 2021

Burden Time: 20 minutes

SATISFACTION WITH WEBINAR

Which session(s) did you participate either live or viewing the posted recording?:*

- I - An Introduction to Resilience and Wellness
- II - Exploring our Self-Talk: Cognitive Distortions and Imposter Fears
- III - Self-Advocacy and Assertiveness for Scientists
- IV - Developing Feedback Resilience
- V - Managing Up to Maximize Mentoring Relationships

Overall, how would you rate this series?:

- excellent very good good fair poor

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

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

This series was valuable to me.:

- strongly agree agree neutral disagree strongly disagree

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

- strongly agree agree neutral disagree strongly disagree

How well did you understand topics covered in Becoming a Resilient Scientist Summer Series BEFORE participating in the summer?:

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

How well did you understand topics covered in Becoming a Resilient Scientist Summer Series AFTER participating in the summer?:

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

The following questions pertain to your reactions after the webinar.

Since participating in the resilience series, I am trying to implement the tools/changes I learned.:

strongly agree agree neutral disagree strongly disagree

Since participating in the resilience series, I have applied what I learned in the webinars in my work and/or life.:

strongly agree agree neutral disagree strongly disagree

Since participating in the resilience series, I pay more attention to the topics discussed inn my work and/or life.:

strongly agree agree neutral disagree strongly disagree

Since participating in the resilience series, I have not done anything differentt.:

strongly agree agree neutral disagree strongly disagree

Since participating in the resilience series, I have seen improvements in the way I think about my work and/or life.:

strongly agree agree neutral disagree strongly disagree

Since participating in the resilience series, I have become more resilient in my work and/or life.:

strongly agree agree neutral disagree strongly disagree

Since participating in the resilience series, I have become a better scientist.:

strongly agree agree neutral disagree strongly disagree

Since participating in the resilience series,I have learned to manage conflict better.:

strongly agree agree neutral disagree strongly disagree

Since participating in the resilience series,I have learned to manage my stress better.:

strongly agree agree neutral disagree strongly disagree

Since participating in the resilience series, I have gained important skills that will help my work/life.:

strongly agree agree neutral disagree strongly disagree

How can we make this series better?:

What was your single biggest takeaway from the series?:

SATISFACTION ABOUT FACILITATION SESSION

Did you attend any of the small group facilitation sessions which were part of the series?:

yes no

How helpful was the small group sessions.:

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

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.:

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