

## 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 in my work and/or life.:**

strongly agree  agree  neutral  disagree  strongly disagree

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

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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