

RESILIENCE TRAINING PROGRAM: BECOMING A RESILIENT SCIENTIST - FEEDBACK FALL 2021

OMB Number: 0925-0648

Expiration Date: 30 June 2024

Burden Time: 10 minutes

GENERAL 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

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

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

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

How helpful was the workbook?:

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

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

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

SESSION III - SELF-ADVOCACY AND ASSERTIVENESS

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

SESSION IV - DEVELOPING FEEDBACK RESILIENCE

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

SESSION V - MANAGING UP TO MAXIMIZE MENTORING RELATIONSHIPS

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

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