



University of California
San Francisco

CAMPUS COUNCIL ON *Faculty Life*

Faculty Development Day 2024

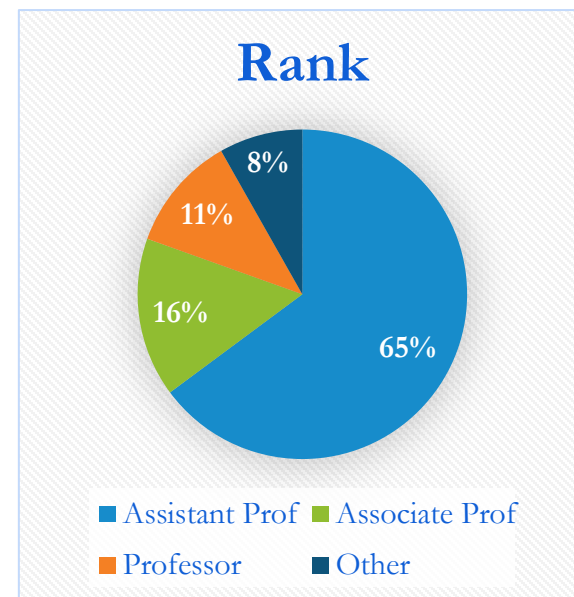
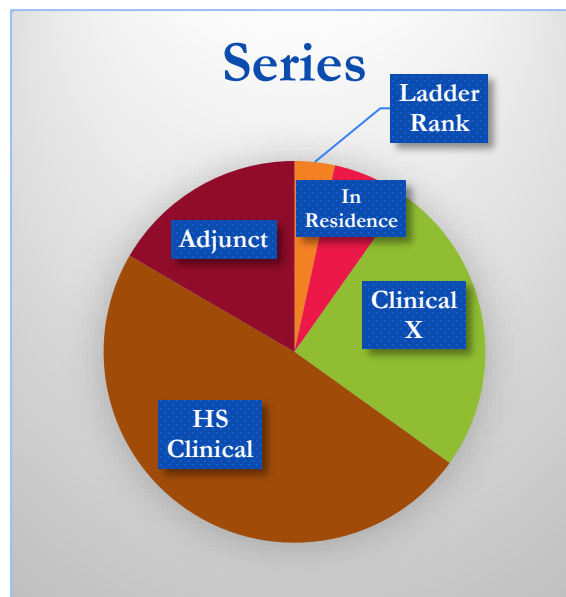
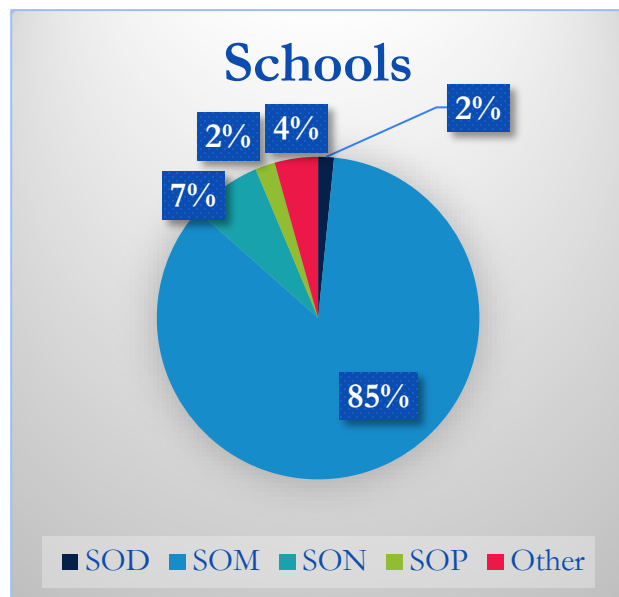


Welcome Remarks

Angel Kuo, EdD, RN, CPNP, Chair of Faculty Development Day Committee

Brian Alldredge, PharmD, Vice Provost- Academic Affairs

Who's here with us today?



China Basin	VAMC
Mission Bay	UCSF Benioff Children's Hospital Oakland
Mount Zion	Remote
Parnassus	
ZSFG	Other

Faculty Development Day Planning Committee Members



Anthony Ding



Mel Heyman



Marianne Juarez



Sanjay Reddy



Javay Ross



Aparna Sundaram



Angel Kuo, Chair



Brian Alldredge,
VPAA

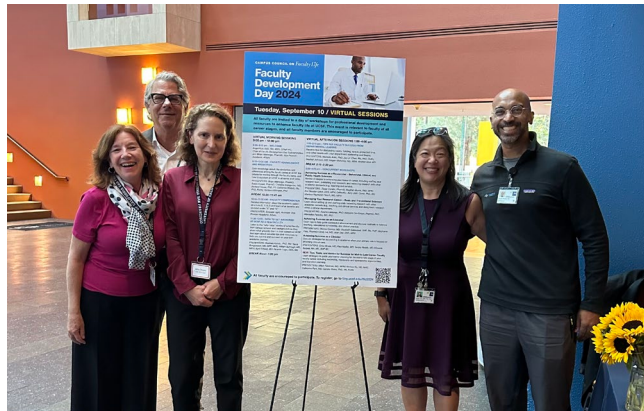
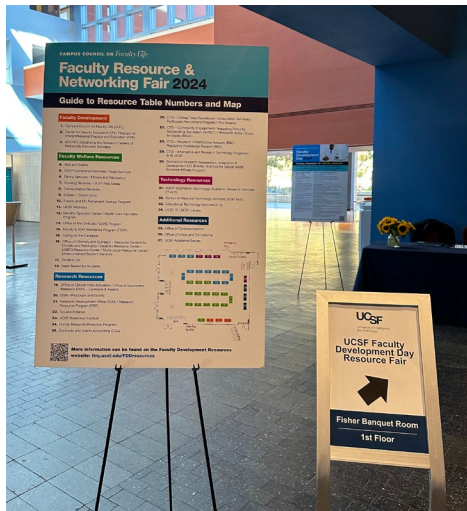


Irene Merry



Abby Draper

In-Person Resource Fair



<https://facultyacademicaffairs.ucsf.edu/faculty-life/faculty-development-day/resources>

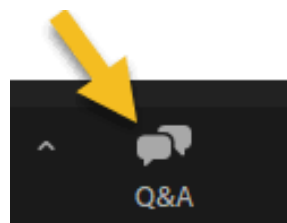
Today's Programming: AM Webinar



MORNING SESSIONS 9:00 am-12:00 pm	
9:00-9:15 am	Welcome Angel Kuo , EdD, RN, MSN, CPNP-PC, Chair of Faculty Development Day Subcommittee; and Brian Alldredge , PharmD, Vice Provost–Academic Affairs
9:15-10:30 am	Faculty Advancement and Promotion Gain knowledge about: the similarities and differences among the faculty series at UCSF, the criteria for moving through the faculty ranks, and how to succeed at UCSF in all series and ranks. Presenters: Brian Alldredge , PharmD; Robin Corelli , PharmD; Christina Mangurian , MD, MAS; Catherine Waters , RN, PhD, FAAN; Torsten Wittmann , PhD, Richard Souza , PhD, PT
10:30-10:45 am	Break
10:45-11:30 am	Faculty Compensation Receive information about the academic salary structure (X, Y, & Z) and learn what benefits are covered under “X” and “Y.” Presenter: Emerald Light, Assistant Vice Provost-Academic Affairs
11:30-12:00 am	How to Get Anchored at UCSF as a New Faculty Listen to the “why I stay” stories of junior faculty from various schools and backgrounds as they share what grounds them in their careers at UCSF. And learn about valuable tips and resources to help you survive and succeed on your own academic journey. Presenters: Ifeyinwa Asiodu , PhD, RN; Tasce Bongiovanni , MD, MPP; William Burroughs , MD; April Edwell , MD; Ricardo Lugo , DDS, MD
12:00-1:00 pm	Break

Afternoon Webinar

AFTERNOON SESSION 1:00 pm-4:00 pm	
1:00- 2:15 pm	Tips for Faculty Success from Departmental Leaders Receive tips for discussing salary, funding, space, protected time, and other needs with your department leadership and Deans. Presenters: Michelle Arkin , PhD; Jyu Lin Chen , RN, PhD, FAAN; Meshell Johnson , MD; Megan Mahoney , MD, MBA; Andrew Murr , MD
2:15- 2:30 pm	Break 



During the Webinar:

Please use the Q&A function to type in your questions!

Concurrent Workshops 230-4PM

2:30-4:00 pm	Concurrent Workshops	
	Managing Your Research Career – Behavioral, Clinical and Public Health Sciences Review strategies to enhancing your research career, including staffing your research team, publishing your research, and balancing research with other academic demands (e.g., teaching and service). Presenters: Zlatan Coralic , PharmD; Meghan Morris , PhD, MPH; Eni Obadan-Udoh , DDS, MPH, Dr.Med.Sc.; Jerry John Ouner , PhD, RN; Marissa Raymond-Flesch , MD, MPH	
	Managing Your Research Career – Basic and Translational Sciences Learn about setting up and staffing a lab, balancing research with other academic pursuits (e.g., teaching and clinical service), and doing basic research within a clinical department. Presenters: Aparna Lakkaraju , PhD Akinoyemi Oni-Orisan , PharmD, PhD; Mercedes Paredes , MD, PhD	
	Achieving Success as an Educator Learn tips to help guide successful advancement and discover methods to balance teaching, educational scholarship, and clinical practice. Presenters: Denise Connor , MD; Elizabeth Gatewood , DNP, RN, FNP; Stephanie Hsia , PharmD; Cindy Lai , MD; Jean Star , DDS, MPH	
	Achieving Success as a Clinician Discuss strategies for succeeding in academia when your primary role is focused on providing clinical care. Presenters: Erica Brode , MD, MPH; Paul Nadler , MD; Sanjay Reddy , MD; Miranda Surjadi , RN, MS, ANP-BC	
	NEW Tips, Tools and Advice for Success... through the later stages of your UCSF faculty career Learn strategies to guide your career planning for the mid-to-late stage of your faculty career, including leadership, mentorship and sponsorship opportunities, and transition planning. Presenters: Mitch Feldman , MD, MPhil; Nerissa Ko , MD, MAS; Catherine Park , MD; Sandra Weiss , PhD, RN, FAAN	

Tips to Prevent/Manage Zoom Fatigue



Avoid multitasking

1



Build-in Breaks

2



Reduce onscreen stimuli

3

#4
😊

Use your meeting breaks wisely.

When given the opportunity for a break between or during meetings, try to take a moment to reset away from the computer screen.

Ideas for a productive wellness break include:

Move: stretch, walk, exercise.

Breath: close your eyes and take some deep breaths.

Meditate: follow a short guided meditation.

Nourish: check in with yourself and hydrate and nourish as needed.

<https://ambiautomation.ambimat.com/zoom-fatigue-how-to-make-video-calls-less-tiring/>

[https://campuslifeservices.ucsf.edu/upload/wellnesscommunity/files/Virtual Meeting Wellness Guide.pdf](https://campuslifeservices.ucsf.edu/upload/wellnesscommunity/files/Virtual_Meeting_Wellness_Guide.pdf)