UCDAVIS HEALTH | Academic Personnel

Tuesday, April 14, 2020

1. MENTORING TIPS IN THE TIME OF COVID-19

Mentoring needed now more than ever!

During the best of times the art of mentoring can be challenging. Whether it's helping a junior researcher apply for a first grant, guiding a clinician to independent practice, or advising a post-doctoral fellow on next steps, mentoring requires a wide and varied skill set. Mentors help mentees to align expectations, develop obtainable goals, sort out work-life integration issues and more. Mentoring increases mentee professional and personal satisfaction, lifts morale, diminishes stress and prevents burnout.

Now we are doing all of this, and more, as we face this global pandemic. Juggling more hats than we thought possible and meeting professional and personal demands with limited resources. It is important that we take time to think in different ways to support ourselves and our mentees. Check out these resources below for guidance on mentoring and resources for mentees to help navigate these difficult times.

Excellent article for research mentors, but really for everyone: "**Mentoring during the COVID-19 pandemic:** *Colleagues facing closed labs and enforced social distancing need a different type of support. Mentors must change their approach*," https://www.nature.com/articles/d41586-020-01028-x

Wonderful tips for anyone in an educational setting and for general wellness – share with your mentees: **Advice for Faculty Members in a Turbulent Time** Mindi Thompson gives some practical advice to help you focus on your physical and mental health and wellness. https://www.insidehighered.com/advice/2020/03/19/how-faculty-members-can-best-cope-stresses-covid-19-opinion#.XozTS455wq8.email

Brief blog post to help junior researchers in thinking about how to pivot during COVID-19 – share and discuss with your mentees: "**What to Do When Your Plans Get Thrown Out the Window**" https://edgeforscholars.org/what-to-do-when-your-plans-get-thrown-out-the-window/

Short blog post reviews mindfulness apps for academic health researchers "**Just Breathe: Mindfulness Apps in a Pressured Time**"
https://edgeforscholars.org/just-breathe-mindfulness-apps-in-the-age-of-anxiety/

And, why spending time in an uncrowded nature spot could be good for all of us. "**Nurtured by nature Psychological research is advancing our understanding of how time in nature can improve our mental health and sharpen our cognition**" https://www.apa.org/monitor/2020/04/nurtured-nature

J. Faye Dixon, Ph.D., Julie Schweitzer, Ph.D. and Katren Tyler, M.D.

2. **UC DAVIS HEALTH SYSTEM PARENT RESOURCE GROUP**

Please invite your colleagues to join this group - it may be a very important gathering place these next few weeks!

https://www.facebook.com/groups/1654288561562890/?multi_permalinks=260226 3293432074&notif_id=1584142727858865&notif_t=feedback_reaction_generic

Additionally, with the planned closures for multiple school districts and childcare centers in our area, we are aware that child care will be a major challenge for most families. We wanted to share with you the existing resources that are available to you:

The University of California Office of The President provides *Sittercity*, exclusively by Bright Horizons as part of Bright Horizons Care Advantage™, to help you find care. A $140 value provided to most UC employees. Registration and eligibility information is available at UCnet using the Care Advantage Tutorial

https://hr.ucdavis.edu/departments/worklife-wellness/children/care-advantage

We know that many of you will be also turning to colleagues, family, friends and neighbors for assistance during this time of need and would like to thank you in advance for being engaged members of our community as we help each other during these most difficult times.

3. **FACULTY DEVELOPMENT (FD)**

Ever wonder what faculty development trainings and workshops are available?
Leadership That Works, Outside Activity Tracking System (OATS) training, You're the Boss: Managing Your Team, Wellness …..a variety is available. We encourage you to peruse the FD website calendar periodically, you never know what may be applicable for you.

Find:

- workshops to enhance your skills under the *OUR OFFERINGS* tab or the *CALENDAR* tab
- The calendar view can be changed (detailed list, simple list, or month) to reflect how much information you would like to know about upcoming events and workshops
- the *PROGRAMS* tab to find information about specific programs like WIMHS, Mentoring Academy, ITSP, or Leadership Development Programs
- the registration process is quick and simple

4. *NEW DATES!* **SUPPORTING EDUCATIONAL EXCELLENCE IN DIVERSITY (SEED) TRAINING**

- Tuesday, May 5, 2020 | 12:30 – 4:30pm
  To automatically register yourself CLICK HERE
- Tuesday, June 2, 2020 | 12:30 – 4:30pm
  To automatically register yourself CLICK HERE

5. **NEW FACULTY PARENT SUPPORT GROUP: DOING IT ALL WHEN YOUR CHILDREN ARE SMALL.**

Please join us for a drop-in support group for faculty parents of babies, toddlers, and preschool age children. Come meet and connect with others to share ideas and strategies for engaging in research and writing while parenting a very young child or children. The bi-weekly group is convened by Diane L. Wolf, Professor of Sociology, a long-time Work-Life Advisor, and a certified post-partum doula. You can also Zoom in for as little or as long as you like.

Please see our dates and more information:
https://academicaffairs.ucdavis.edu/faculty-support-group-new-parents

Questions? Write to dlwolf@ucdavis.edu

6. **FROM THE BLAISDELL MEDICAL LIBRARY!**

As a faculty member at University of California, you've probably heard about UC's commitment to open access. UC libraries offer some guides to help you navigate open access and establish/maintain your author identity:

1. Open Access at UC Davis (guide to UC-wide and federal open access policies)
2. Open Access Fund (guide to funding for open access publications - article publication charges or APCs -meeting particular requirements)

3. UC Berkeley guide on [Measuring Research Impact](#), including ORCID IDs, other author identifiers, measuring impact, metrics and altmetrics
4. [Resources for Authors handout](#) (includes information about selection tools for article submission, citation management tools, research methods resources, and more).
[Blaisdell Medical Library](#) is located in the Education Building at the UC Davis Health Campus in Sacramento. We invite you to schedule an appointment with one of our librarians for a more personalized introduction: bmlref@ucdavis.edu .

7. RAMADAN: A GUIDE FOR UC DAVIS MEDICAL CENTER FACULTY, RESIDENTS, AND STUDENTS.

With Ramadan coming up on April 23, I would like to share with you a helpful one-page guide that a group of our UC Davis doctors, residents, and students developed. *Please see attached document.*