cultural psychiatry, she asked me to write an article for it. She’s been amazing. Robitz was among a group of twenty faculty members to receive a $27,000 gift card from the Mentoring Academy to use in a social activity with their mentor.

“Being that an opportunity to connect with Ruth in a less structured way was really about curiosity and the gift card prompted us to check that off our bucket list,” Robitz said.

She encourages other mentors to use the Mentoring Academy gift card to meet socially with current or prospective mentors.

“I support Ruth immediately as a professional, so interacting with her in the casual dining environment was refreshing and grounding,” Robitz said. “Getting to know her on that level wasn’t as likely if I had talked only in the office.”

When faculty, staff and our community collaborate to develop solutions, a range of disciplines are heard and valued, and everyone’s shared vision is respected. This breaks down hierarchy and silos. For that to occur, and work harmoniously. For that to occur, and work harmoniously. For that to occur, and work harmoniously. For that to occur, and work harmoniously. For that to occur, and work harmoniously. For that to occur, and work harmoniously. For that to occur, and work harmoniously. For that to occur, and work harmoniously. For that to occur, and work harmoniously. For that to occur, and work harmoniously. For that to occur, and work harmoniously. For that to occur, and work harmoniously. For that to occur, and work harmoniously. For that to occur, and work harmoniously.
A CONVERSATION WITH SATYAN LAKSHMINRUSIMHA

In a small town of only 300 residents, everyone knows practically everyone else. At the point of establishing a small clinic, it was obvious to me that I needed to be inclusive in an academic department. That’s why Satyan Lakshminrusimha, pediatrician-in-chief of UC Davis Children’s Hospital, believes that awareness and appreciation of the joys and struggles of all department members are important aspects of that sense of community. After discovering that attendance suffered at the department’s periodic adults-only social gatherings because some were unable to book child care, Lakshminrusimha, chief administrative officer Jeanne Lee and Laura Heawood, his executive assistant, decided to address the problem by transforming departmental gatherings into family-friendly, inviting events, including picnics in parks and holiday parties with activities for children.

“I feel strongly that a pediatrics department should open events to children,” Lakshminrusimha said. “In a small town of only 300 residents, everyone knows practically everyone else. But such connectedness can become a trap for adults, who may feel too close to their neighbors and acquaintances.”

Sensing the need for improvement in retention rate, Lakshminrusimha and his staff developed and distributed surveys to all departmental faculty, residents, fellows and other staff members expecting their feedback on needs and vision. The responses helped guide changes in the department.

Q. What modifications have been made in response to the surveys?

A. Our latest surveys and user ideas have made numerous changes, including improved communication, increased involvement with the School of Health Mentoring Academy, and creation of our own departmental wellness committee. The committee co-chairs, Dr. Bibi Goggia and Jessica Olson, are available to meet privately with individuals about personal matters, and they help underwrite the occasion.

“The toll of loneliness

professor of psychology at UC Davis Medical Center. In appreciation of the work that you do, we would like to thank you for all that you do.”

The surveys and the feedback we received have allowed us to make meaningful changes to our department. We have seen an increase in the number of people attending departmental events, and we have received positive feedback about the changes we have made.

“Survey participants can interact with their colleagues to explore what they want to discuss and what they aspire to learn from each other.”

The School of Health Mentoring Academy is a program designed to provide training and support for faculty and staff who wish to engage in research and education on the topic of loneliness and social connections.

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A CONVERSATION WITH SATYAN LAKSHMINRUSIMHA

In a small town of only 300 residents, everyone knows practically everyone else. This close-knit, low crime community is a significant strength on establishing a high level of empathy in an academic department. That’s why Satyan Lakshminrusimha, MD, PhD, PhD, is so passionate about his role as the chair of the UC Davis Department of Pediatrics. It has been a personal and professional responsibility to transform the social norms within the UC Davis School of Medicine in a way that更好的 collaborates with those in need.

Lakshminrusimha, pediatrician-in-chief of UC Davis Children’s Hospital, believes that awareness and appreciation of the joys and struggles of all department members are important aspects of that sense of community. After discovering that attendance suffered at the department’s periodic adult-only social gatherings because some grad students were unable to join, he decided to set a better example: In February 2017, he stopped attending adult-only social events.

“Telling the need for improvement in retention rate, Lakshminrusimha and his staff developed and distributed surveys to all department faculty, residents, fellows, and staff members, and launched a monthly meeting to discuss the responses.

Roohi Robitz

Mentoring Academy gift card provides personal connection

A little more than a decade ago, Rachel Robitz, MD, PhD, joined the faculty of the UC Davis School of Medicine as chief resident in pediatrics. In the two years since, she has found an environment a world apart, where social and professional relationships form a more inclusive, ikeable environment.

As she dined over a dinner at a traditional sushi restaurant, she realized the tradition of omakase, with courses of sushi, sashimi and tempura selected by the chef, became a necessary part of her career.

“Sushi is a signature dish of her mentors,” said Rachel Robitz.

She notes that many mentors do not have to share personal, embarrassing stories with their mentees. Instead, they can share personal details about themselves, such as personal interests. It is a way to connect with people on a more personal level.

Robitz said. “For example, when she was in graduate school, her mentor provided me with some opportunities,” she said.

The mentor is an essential part of the mentee’s development, and the relationship is an important aspect of the mentor-mentee dynamic. The mentor’s role is to provide guidance, feedback, and support, and to help the mentee develop skills and knowledge.

In this article, we will explore the concept of mentorship, including its importance in academic and professional settings, the qualities of effective mentors, and strategies for selecting and establishing rewarding mentor-mentee relationships.

The power of mentorship

Mentorship is a critical component of personal and professional growth. A mentor is someone who provides guidance, advice, and support to a mentee, helping them to develop their skills, knowledge, and confidence. A mentor-mentee relationship is a reciprocal one, with both parties benefiting from the interaction.

The mentor’s role

The mentor’s role is to provide guidance, advice, and support to the mentee. This can include helping the mentee set goals, providing feedback on their work, and offering encouragement and support. The mentor can also provide a role model, demonstrating how to navigate challenges and obstacles.

The mentee’s role

The mentee’s role is to actively engage in the mentoring relationship, seeking out feedback and guidance from the mentor, and being open to learning. This includes actively participating in the mentoring relationship, being open to learning, and being receptive to feedback and advice.

The benefits of mentorship

Mentorship can have a significant impact on the mentee’s personal and professional development. It can help the mentee build skills and knowledge, gain confidence, and develop a network of supporters. It can also help the mentee navigate challenges and obstacles, and provide a sense of direction and purpose.

Mentorship can also have a positive impact on the mentor. It can provide an opportunity to give back, to share knowledge and experience, and to help others succeed. It can also provide a sense of satisfaction and fulfillment, as well as a chance to learn from others and grow as a person.

In conclusion, mentorship is an important aspect of personal and professional growth. It can have a significant impact on both the mentor and mentee, providing a platform for learning, growth, and development. If you are interested in mentorship, consider seeking out a mentor or becoming a mentor yourself. Your investment in mentorship can pay dividends for years to come.

Next time, we will explore the concept of peer mentoring and how it can support your personal and professional development. Stay tuned!"
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Lakshminrusimha, pediatrician-in-chief of UC Davis Children’s Hospital, believes that awareness and appreciation of the joys and struggles of all department members are important aspects of that sense of community. After discovering that attendance suffered at the department’s periodic adults-only social gatherings because some parents were unable to find a babysitter, he organized a Diwali potluck on campus that November, with close personal friends. “That kind of friendship can contribute not only to your career, but also to your well-being,” said Schweitzer. “What’s better than a close friend to understand your struggles and triumphs?”

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about interconnectedness

“When faculty, staff and students in our community collaborate on diversity initiatives, the scale and scope of the efforts is greater than the sum of them. This creates a dynamic environment for our colleagues to grow and be engaged.”

—Audrean Gann, director of Cultural Diversity and Community Engagement

building community in a department

Building a community of care is important. For any business or academic enterprise to advance the mission, the process must begin by building healthy and attractive departments. For that to occur, and maintain an environment in which all members work efficiently, and maintain an environment in which all members work efficiently, and teaching, researchers and other staff within the same “aisle,” working collaboratively on behalf of patients and the advancement of medical science, while addressing the needs of the community. We feel all of these are important. The ingredients for success in a business or academic organization include integrity, honesty, communication, collaboration and delivery on promises. We also align with the elements of the UC Davis Principles for Meritorious and Distinguished Service (PMD).

New Faculty WELCOME

Wasser J. Hasl, M.D., an assistant professor of surgery, is focused on general, colon and pelvic surgery. He has expertise in laparoscopic, endoscopic, robotic, and minimally invasive surgery, and performs complex open abdominal and pelvic surgeries.

Sunayna Shamoone Jawed, M.D., an assistant professor of radiology, has expertise in diagnostic abdominal and vascular imaging. She also performs chest CT, gastrointestinal and gastroesophageal fluoroscopic imaging, for rigid and GI ultrasound.

Arun Ranjan Panigrahi, M.D., a board-certified assistant professor of pediatrics and oncology, has expertise in bleeding and clotting disorders, hematology, oncology, and body and OB ultrasound.

Gordon H. Worley, M.S.N., R.N., F.N.P.-C., E.N.P-C., is an assistant professor in the Betty Irene Moore School of Nursing. He has expertise in patient and family engagement in heart failure management. He has a unique role in the Department of Dermatology, co-directs the inpatient dermatology service. Board-certified, Board-eligible with expertise in immunodeficiency, autoimmune connective tissue diseases and complex medical dermatology.

Julia T. Baker, Ph.D., P.N., R.N., an assistant professor in the Family. She is the faculty director of the Betty Irene Moore School of Nursing and the School of Nursing, and has expertise in patient and family engagement in heart failure management.

Aznin Breslau, M.D., MPH, FAAP, Navy Professor and chair of the Section of Dermatology, co-directs the inpatient dermatology service. Board-certified, Board-eligible with expertise in immunodeficiency, autoimmune connective tissue diseases and complex medical dermatology.

Lack of friendship can threaten physical well-being and longevity

Lack of friendship can threaten physical well-being and longevity. In an environment where everyone is expected to be a “high performer,” it is important to take every opportunity to publicly acknowledge accomplishments. Our most important responsibility as leaders includes identifying talent, removing obstacles and celebrating successes. Leaders also should be vigilant about the personal lives of faculty and staff members, and respect these commitments whenever possible. Mentoring teams for individuals are essential for professional success as well as navigating work-life balance. In our view, a community atmosphere in the workplace is just as important as a happy personal life in attaining contentment and productivity. We strive at every opportunity to support this sense of community.

New faculty members at UC Davis Health are often overwhelmed by the pace and challenges of their new environment. They have to learn quickly about a new workplace and culture change.

—Audrean Gann, director of Cultural Diversity and Community Engagement
New Faculty WELCOME

Building community in a department

By Nathan Kuppermann, M.D., M.P.H., and Jennifer Wyatt

Building a sense of community is important for any business or organization to advance the mission, to serve as a reminder to listen carefully before speaking, but two ears. We let that example be a reminder to listen carefully before speaking, but two ears.

Lack of friendships can threaten physical well-being and longevity. A body of research has shown that camaraderie contributes to healthfulness, and conversely that insufficiencies in social connections can be detrimental. As the article ‘Building a sense of community’ concludes, “our social connections to others have powerful influences on health and longevity and … lacking social connection qualifies as a risk factor for premature mortality” (Julianne Holt-Lunstad, January 2018, doi.org/10.1146/annurev-psych-122216-011902). Lack of friendships can threaten physical well-being and longevity. A body of research has shown that camaraderie contributes to healthfulness, and conversely that insufficiencies in social connections can be detrimental. As the article ‘Building a sense of community’ concludes, “our social connections to others have powerful influences on health and longevity and … lacking social connection qualifies as a risk factor for premature mortality” (Julianne Holt-Lunstad, January 2018, doi.org/10.1146/annurev-psych-122216-011902).

“Females tend to have better physical health and live longer than males, and our most important accomplishment is to advance the mission, to serve as a reminder to listen carefully before speaking, but two ears.

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Our social connections to others have powerful influences on health and longevity and … lacking social connection qualifies as a risk factor for premature mortality” (Julianne Holt-Lunstad, January 2018, doi.org/10.1146/annurev-psych-122216-011902).