

Tuesday January 17<sup>th</sup>, 2017

1. Vice Chancellor and Dean Freischlag launches the UC Davis Health [2017-2020 Strategic Plan](#):

The six new strategic plan goals are to:

- 1 **Lead Person-Centered Care** in the best way, at the best time, in the best place, and with the best team
- 2 **Reimagine Education** by cultivating diverse, transdisciplinary, life-long learners who will lead transformation in health care to advance well-being and equity for all
- 3 **Accelerate Innovative Research** to improve lives and reduce the burden of disease through the discovery, implementation and dissemination of new knowledge
- 4 **Improve Population Health** through the use of big data and precision health
- 5 **Transform Our Culture** by engaging everyone with compassion and inclusion, by inspiring innovative ideas, and by empowering each other
- 6 **Promote Sustainability** through shared goals, balanced priorities and investments in our workforce and in our community

2. Guidance from the Harvard Business Review

[Why Some People Get Burned Out and Others Don't](#)

*Excerpt: "Stress and burnout are not the same thing. And while we know that stress often leads to burnout, it's possible to handle the onslaught of long hours, high pressure, and work crises in a way that safeguards you from the emotional exhaustion, cynicism, and a lack of confidence in one's abilities that characterizes burnout. The key is tapping into your emotional intelligence."*

[To Recover from Failure, Try Some Self-Compassion](#)

*Excerpt: "If a good friend tells you about an ordeal they're facing or a mistake they've made, how do you typically respond? In all likelihood, you offer kindness and comfort, perhaps speaking in a warm and soothing tone, and maybe offering a hug to show how much you care. When your friend recovers and the conversation continues, chances are that you'll expand your support by encouraging your friend to take necessary action or try to discover how to steer clear of similar difficulties."*

*Now reflect for a moment on how you treat yourself when you make a big mistake or experience a setback.....\_What does it take to rescue yourself and begin to address the situation*

*effectively? You need to treat yourself with the same kindness and support that you'd provide for a friend. There is a substantial and growing body of research that shows that self-compassion is closely associated with emotional resilience, including the ability to soothe ourselves, recognize our mistakes, learn from them, and motivate ourselves to succeed."*

### **3. Get to know the NIH Public Access Policy:**

- The NIH requires all publications resulting from federally funded research to acknowledge that support in publications and posters and to comply with the [NIH Public Access policy, which requires scientist to submit their manuscripts to PubMed Central \(PMC\)](#).
- Failure to comply with NIH Public Access Policy may delay the processing of all grant awards linked to the article. This serious penalty has already delayed millions of dollars of NIH funding across the university system.
- UC Davis library has a resource page to help our researchers: <https://www.library.ucdavis.edu/guide/nih-public-access-policy/>

**4. Did you know? There are upcoming Events:** *You are invited! We encourage you to enroll in the various workshops and events sponsored by the Faculty Development Program. For more event details and to register, visit [health.ucdavis.edu/facultydev/](http://health.ucdavis.edu/facultydev/) and click on "Offerings". (Event co-sponsors are indicated within parentheses.) Volunteer Clinical Faculty members are also welcome and encouraged to attend faculty development events.*

**Jan 19 Mentee Workshop: The Mentees Rule – The Mentee Rules, Part 1 (MA)**

**Jan 20 Fitting the Pieces Together and the Myth of Work-Life Balance, Part 1 (ECLP/MCLP)**

**Jan 26 Mentee Workshop: The Mentees Rule – The Mentee Rules, Part 2 (MA)**

**Jan 27 Fitting the Pieces Together and the Myth of Work-Life Balance, Part 2 (ECLP/MCLP)**