

# Faculty Life

## PROGRAMS:

### Faculty Development Program

Lectures and workshops that focus on key issues for faculty career development.

Current topics include time management, retirement for faculty, and research ethics.

### Faculty Information and Welcoming Week

An annual event held in the fall at multiple sites that provides a welcoming orientation for new faculty and helpful information for all faculty.

Workshop topics include compensation, advancement, childcare options in the Bay Area and campus resources.

### Faculty Enrichment Program – Wellness Grand Rounds

A “grand rounds” series on wellness issues. Some lectures are linked to opportunities for faculty to participate in wellness programs.

This year’s topics include reclaiming the joy of work, brain plasticity, and mindfulness-based stress reduction.

### Faculty Mentoring Program

A campus-wide program for new and junior faculty. Mentoring facilitators help pair faculty with a career mentor who is a senior faculty member responsible for providing career guidance and support. Workshops are offered periodically and open to all faculty. New mentoring awards recognize outstanding mentors at UCSF.

## 2009-2010 EVENTS:

### September

#### Faculty Information and Welcoming Week

*Veterans Affairs Medical Center Luncheon*

September 15, 2009 / 12 – 2 pm  
VAMC Auditorium, Building 7, 1st Floor

*All-Day Event*

September 16, 2009 / 8:30 am – 5 pm  
Laurel Heights Conference Center

*SFGH Luncheon*

September 17, 2009 / 12 – 2 pm  
SFGH Building 3, Room 505

### October

#### Wellness Grand Rounds

*Service as a Way of Life: Reclaiming the Joy of Our Work*

Rachel Naomi Remen, MD  
Clinical Professor, UCSF Department of Family and Community Medicine  
Founder and Director, Institute for the Study of Health and Illness at Commonweal

October 15, 2009 / 12 – 1 pm  
Cole Hall, 513 Parnassus Avenue

The economic priorities of contemporary health care organizations – competence, productivity and efficiency – often run counter to the service values of individual professionals. Compromising our professional values often makes us vulnerable to stress, apathy and depression. Dr. Remen, clinician and master story teller, will offer thoughts on how we can begin to heal ourselves – and our medical system – by reclaiming the traditional values of the healing professions: compassion, service and awe. Come prepared to reinvigorate your calling and reclaim a greater satisfaction in your daily work.

### November

#### Faculty Development Program

*Work Lean: Time Management Strategies for Busy Faculty*

Dan Markovitz, TimeBack Management  
November 12, 2009 / 3 – 5 pm / HSW-303

Do you feel like you never have enough time to complete your work? Are you challenged by competing responsibilities and incessant interruptions? Do you ever waste time looking for critical information? Do you dread checking your email? As a UCSF faculty member, you’ve had a lot of training to *do your job*, but you’ve probably had little training in how to *manage your work*. The good news is that there are simple techniques to manage your time better so that you can get more done with less stress. Time management expert Dan Markovitz will utilize a short survey of those who register for this workshop to tailor tips, strategies, and exercises to the specific time management challenges faculty encounter every day.

### January

#### Faculty Mentoring Program

NATIONAL MENTORING MONTH EVENTS:

*“Speed Mentoring”*

January 6, 2010 / 12 – 1:30 pm / Millberry Union

*Mentoring Leadership Panel*

Featuring Chancellor Susan Desmond-Hellmann  
January 25, 2010 / 12 – 1:30 pm / N-225

#### Wellness Grand Rounds

*Brain Fitness and Health*

Michael Merzenich, PhD  
Professor, UCSF Department of Otolaryngology – Head & Neck Surgery

January 20, 2010 / 12 – 1 pm / Parnassus, location TBD

Growing understanding of the “plastic” brain processes controlling human abilities is rapidly transforming our approaches to neurological therapeutics, and has guided us to brain fitness strategies that can substantially impact the quality of adult and older-age life. A summary of new understandings of how the brain changes itself as we acquire new abilities, or as we functionally decline in the course of chronic illness or normal aging will serve as a platform to discuss neurological correction, recovery and rejuvenation.

### February

#### Faculty Development Program

*Faculty Retirement*

February 11, 2010 / 3 – 5 pm / Location / Panelists TBD

### March

#### Wellness Grand Rounds

*Mindfulness-Based Stress Reduction*

Larissa Duncan, PhD  
Assistant Adjunct Professor, UCSF Department of Family and Community Medicine

March 3, 2010 / 12 – 1 pm / Location TBD

### April

#### Faculty Development Program

*Research Ethics*

April 14, 2010 / 3 – 5 pm / Location / Panelists TBD

### May

#### Faculty Mentoring Program

*Lifetime Achievement in Mentoring Award*

Date / Time / Location / Speaker TBD

### June

#### Wellness Grand Rounds

Date / Time / Location / Speaker TBD