Pre-Session Information

Thank you for joining our community to provide feedback on our content! This project is for you and other postdocs across the country, so we want to ensure the materials that we provide are engaging, inclusive, and valuable to postdocs of all stages and in all disciplines. We know your time is valuable, and we appreciate your feedback.

Session date: ***
Link to session: ***
Pre-session survey: ***

Please fill out the pre-session survey beforehand. You are welcome to preview the material in the document, but it is not required.

Session Agenda

Please note, all Zoom sessions will be recorded. We're recording the sessions because we don't want to miss any of your comments and we can't write fast enough to capture them all. We will transcribe the feedback, and the data we collect will be shared with the Postdoc Academy team. Your name will not be linked to the comments or feedback that you provide. The data we collect will be used for assessment, evaluation and improvement of the content, as well as at conference presentations in support of the pedagogical approach.

Confidentiality: Please don't share the content that we show you today - we will share in its final form in January 2020!

Agenda:

1. Introduction & Goals
2. Section 1: Digging into Work-Life Resilience
3. Section 2: Reflecting on Recovery
4. Section 3: Building an Action Plan
5. Intros and Outros
6. General discussion questions
7. Wrap-up

During the session, you can follow along using the outline that will be emailed to you separately. Within the outline, you can find links to video scripts, activities, etc that will be discussed. The module that we will be reviewing is currently titled, "Developing Work-Life Resilience".

We will have live polling during the session. These will be short multiple choice questions to get a feel for your initial reactions to the material. All of the prompts (multiple choice and discussion prompts) are listed below in order of appearance.

This worksheet is only shared between you and the Postdoc Academy team. If you have any additional feedback after the session, please add it below and email to *** by 6/30/19.

Introduction

Live polling #1: Have you taken a massive open online course (MOOC) before?

Section 1: Digging into Work-Life Resilience

Live polling #2: Do you see your work-life resilience as in your control? (Yes/No)

1. Does the ecology analogy of resilience make sense to you? Because there is a wide range of disciplines that postdocs are experts in, does this work or is there a better example that could be used?

Live polling #3: Would it be helpful for us to unpack the y-axis further? Follow-up discussion: What would you use? (Stress, motivation, productivity, performance, mindset, attitude (positive))

2. What components of the graph do you like? Are there components of the graph that could be improved?

3. Do you think the discussion of the framework from the literature is valuable?

4. We acknowledge that many barriers to resilience might be out of your control or are unable to be “fixed” in one week. What are examples of barriers that are out of your control? Is time as a barrier in your control? How can we help you with those types of barriers? Provide resources? Be a community for support?

Live polling #4: Is this section engaging?

Please list any additional comments here:

Section 2: Reflecting on Recovery

Live Polling #5: Do you see recovery as a process or a fixed achievement?

5. How do you see your own recovery? Are there things you do to recover within the workplace, or do you only see yourself recovering outside of the workplace?

6. We're carefully constructing the Postdoc Academy based on research - do you see practical strategies in this section that you can/want to apply to your own life?

Please list any additional comments here:

Section 3: Building an Action Plan

Live polling #6: Are you familiar with backward design? Follow-up: are there enough resources provided to understand/show the importance of it?

7. Think for a minute about the goals that you might identify for yourself. Are there ways for you to break down these goals into manageable subtasks? Are these goals something that you can change yourself or would you need more support/resources?

Please list any additional comments here:

General Discussion Questions

8. Would you want to see a discussion of failure by diverse voices up front? Or where else would talking about failure fit within this module?

9. Are there components of this content that make it approachable and relatable to a wide audience of postdocs? If not, how can it be improved?

10. What would you be coming to the MOOC for? Would you come for access to peers or experts?

11. What would you want to revisit after the course ends?

12. Does this content sound exciting and engaging to you?

13. Do you like section about meeting the teaching team?

14. Of all the topics discussed today, what to you is the most important?

15. Of all the topics discussed today, are there any which you did not find interesting or worthwhile? If so, why not?

16. Is there anything missing?

Live polling #7: Does the title, “Developing Work-Life Resilience” fit the module content that you’ve seen today?