

Monday August 14, 2017

The new Academic Personnel Website and resource is LIVE: [Click here](#)

We welcome any feedback or suggestions for our new site. Please email us directly at HS-SOMAPTeam

1. Dr. Lydia Pleotis Howell to Receive Papanicolaou Award for Outstanding Achievements in Cytopathology:

Dr. Lydia Pleotis Howell, Chair of the Department of Pathology, will receive the American Society of Cytopathology's most prestigious honor, the Papanicolaou Award at the annual scientific meeting in Phoenix on November 12.

Dr. Howell is recognized nationally for her initiative to improve women's health by pioneering methods for cervical cancer screening, as well as early detection and diagnostic services for breast and cervical cancers. Her work at UC Davis Health also includes an innovative approach to improve work-life balance for faculty and staff, which has been adopted as the model for other UC campuses and academic health centers nationwide. Please join me in recognizing this significant achievement!



2. It's Our Responsibility! Annual Notification: How to File Whistleblower Reports:

Reminder! The California State Auditor's Office is your confidential avenue for reporting improper activities by state agencies for employees. It is your responsibility as a government employee to report any type of fraud, waste, or abuse, which ultimately protects scarce state resources, and to be free from retaliation for doing so. For more information or to submit a complaint online please visit the [California State Auditor's website](#)

3. How to Build Resilience in Midlife: A recent article published in *The New York Times*, found that resilience is an essential skill for healthy childhood development, however little is done in midlife to boost resilience, which is often when we need it the most. "Scientists who study stress and resilience say it's important to think of resilience as an emotion muscle that can be strengthened at any time."



Tips for building resilience in midlife are:

- *Practice Optimism:* Thinking positively is a useful tool in building resilience
- *Rewrite Your Story:* Everyone can benefit from reframing their own personal narrative
- *Don't Personalize It:* Remind yourself that the situation is neither personal, inescapable or lasting
- *Remember Your Comebacks:* Remind yourself of challenges you personally overcame

- *Support Others*: People are more resilient when they have a strong network of support
- *Take Stress Breaks*: Look at stress differently, sometimes it can be a catalyst for growth
- *Go Out of Your Comfort Zone*: Resilience can come from putting yourself in challenging situations Click [here](#) to read the full article

Faculty Development and Diversity offers a Leadership Development Workshop that addresses resilience, *Bouncing Back After Being Knocked Down* facilitated by Gene Crumley.

Check [website](#) for more details.

4. **KL2 Mentored Career Development: Call for Applications:**

The Clinical and Translational Science Center (CTSC) is pleased to announce a call for applications for the KL2 Mentored Career Development program. The NIH-funded CTSC supports highly qualified junior faculty to conduct mentored, multidisciplinary, patient oriented clinical research. The period of support is for 2 years, but may extend for up to 3 years.

Deadline to submit: Monday, December 4, 2017 at 10am

All applications must be submitted electronically in a single PDF file to kvenditelli@ucdavis.edu

5. **Tips for Mentees:**

[Mentee](#): Recognize that your mentor also needs positive feedback. Share how you have applied their advice when it worked.

6. **Upcoming *Mentee* Workshops Announcement!**

How to Get the Most from the Mentoring Experience! This didactic workshop includes exercises to help the mentee get the most out of their mentoring relationships. This workshop is open to all faculty, however it is designed for assistant and early associate professors. Mentors please encourage your mentees to enroll. *Lunch will be provided for those who have registered.*

Tuesday, September 26, 2017, 11am-1pm, Education Bldg., Room 3205

Upcoming *Mentor* Workshops Announcement!

Combined Module 1 & 2 Workshop: (Register for each Module you wish to attend.) [Thursday, September 28, 2017, 4-6 pm, Education Bldg., Room 3205](#)

Module 1: Aligning Expectations and Developing Contracts

Module 2: Maintaining Effective Communication Assessing Understanding

Combined Module 1, 2, 4 & 5 Workshop: (Register for each workshop you wish to attend.) [Saturday, October 21, 2017, 10am-3pm, Education Building, Room 2205](#)

Module 1: Aligning Expectations and Developing Contracts

Module 2: Maintaining Effective Communication Assessing

Understanding Module 4: Addressing Diversity and Inclusion

Module 5: Promoting Professional Development; Fostering Independence