National Institutes of Health Office of Intramural Training & Education

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Q1

Raising A Resilient Scientist Series (RRS) - Spring 2023 Feedback

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We want to know if you are better able to raise a resilient scientist! Your participation in this survey is very important to us! This survey is being conducted both to improve the Raising a Resilient Scientist Series and evaluate its efficacy. Your responses will help us improve and shape future "Raising a Resilient Scientist Series" workshops. The survey will take approximately 10 minutes. Your responses are completely anonymous and voluntary. You can skip questions or stop the survey at any time. If you have any questions, please contact OITE at OITE@mail.nih.gov. (Please click on the blue arrow below to start the survey).

Q2
What is your role at your institution? (Choose all that apply)
Faculty - Full
Faculty - Associate
Faculty - Assistant
Faculty - Adjunct or Visiting
Faculty - Administrative (e.g, Dean)
Administrative Staff
Scientific Staff (e.g., Lab tech)
☐ Trainee (Grad or Postdoc)
Other/Not listed (specify)

Q3	×→
Which Raising a Resilient Scientist (RRS) session(s) did ye the apply)	ou attend? (Choose all
Session 1: Communication Skills to Build Trainee Resilience	
Session 2: Promoting Trainee Resilience	
Session 3: Building a Welcoming and Inclusive Research Group	
Session 4: Difficult Conversations, Conflict, and Feedback	
Session 5: The Mental Health and Well-being of Your Trainees	
Q4	X→
Overall, how would you rate the series?	
© Excellent	
○ Very good	
Good	
O Poor	
0 . 33	
Q5	×→
How valuable was the series?	
© Extremely valuable	
O Very valuable	
Moderately valuable	
Slightly valuable	
Not at all valuable	
Q6	X→
Since participating in the series, I feel that my mentoring	skills have improved.
Strongly agree	
Somewhat agree	
Neither agree nor disagree	
Somewhat disagree	
Strongly disagree	

Q7	X→
Since participating in the series, I feel better equipped for s	cientific mentoring.
Strongly agree	
○ Somewhat agree	
Neither agree nor disagree	
Somewhat disagree	
Strongly disagree	
Q8	X→
Since participating in the series, I have applied the tools an learned in my research group or workplaces.	d strategies I have
Strongly agree	
Somewhat agree	
Neither agree nor disagree	
Somewhat disagree	
Strongly disagree	
Q9	X→
Since I have started applying the tools and strategies, I have changes in the trainees I have worked with.	re noticed positive
○ Strongly agree	
○ Somewhat agree	
Neither agree nor disagree	
Somewhat disagree	
Strongly disagree	
Q10	×→
I am seeing changes in my mentoring efficacy.	
○ Strongly agree	
Somewhat agree	
Neither agree nor disagree	
Somewhat disagree	
Strongly disagree	
○ · · · · · · · · · · · · · · · · · · ·	

Q11						×→
I have noticed positive	ve changes	within my	research	group or	workplace	es.
 Strongly agree 						
Somewhat agree						
O Neither agree nor disagr	ee					
O Somewhat disagree						
Strongly disagree						
Q12						×→
My attitude or minds	et has char	nged in hov	v to best	work with	trainees.	
Strongly agree		-				
Somewhat agree						
Neither agree nor disagr	ee					
 Somewhat disagree 						
Strongly disagree						
Q13 You have indicated the how?	hat your mi	ndset has (changed.	Can you	please ela	aborate
Q13 You have indicated t	hat your mi	ndset has o	changed.	Can you	please ela	aborate
Q13 You have indicated to how?						∴Ģ:
Q13 You have indicated the how?	olease rate e NOW afte k about yo	how you fe r participat ur skill gen	elt BEFOR ing in the erally witl	E particip series in n all your	pating in the each of the mentees.	: ¿: ne series, ne Please
Q13 You have indicated to how? Q14 In the next section, pand how feel you are following areas: Thin only choose 'not app	olease rate e NOW afte k about yo	how you fe r participat ur skill gen	elt BEFOR ing in the erally witl	E particip series in n all your	pating in the each of the mentees.	: ¿: ne series, ne Please
Q13 You have indicated to how? Q14 In the next section, pand how feel you are following areas: Thin only choose 'not app	olease rate e NOW afte k about yo olicable' (NA	how you fe r participat ur skill gen A) when the	elt BEFOR ing in the erally witl e skill can	E particip series in n all your not be ap	pating in the each of the mentees. oplied to a	e series, ne Please ny of

	Excellent	Very good	Good	Fair	Poor	N/A
Overall quality of your mentoring BEFORE	0	0	\circ	0	0	0
Overall quality of your mentoring AFTER	0	0	0	0	0	0
16					:Ģ:	×→
Rate how you felt BE NOW after participat			n the series	s, and ho	w feel you	are
	Excellent	Very good	Good	Fair	Poor	N/A
Your overall relationship with your mentees BEFORE	0	0	0	0	0	0
Your overall relationship with your mentees AFTER	0	0	0	0	0	0
n17 Rate how you felt ab	-			ting in th	:ġ: e series, ar	x→ nd how
eel you are NOW af						
eel you are NOW af	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A
Extent do you feel that you are meeting your mentees' expectations BEFORE		-	-			N/A

Q15

	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A
Identifying and accommodating different communication styles BEFORE	0	0	0	0	0	0
Identifying and accommodating different communication styles AFTER	0	0	0	0	0	0
Q19 SESSION 1: Rate how you felt ak feel vou are NOW af	-			ting in th	:ģ [:] e series, ar	
SESSION 1:	ter participa	ting in th	ne series.		e series, ar	
SESSION 1: Rate how you felt ak	-			ting in th Slightly skilled	v	
SESSION 1: Rate how you felt ak	ter participa	ting in th	ne series.	Slightly	e series, ar	nd how

feel you are NOW after participating in the series.

	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A
Working with mentees to set clear expectations of the mentoring relationship BEFORE	0	0	0	0	0	0
Working with mentees to set clear expectations of the mentoring relationship AFTER	0	0	0	0	0	0

Q21	;Ö.	×→

SESSION 1:

Rate how you felt about your skill BEFORE participating in the series, and how feel you are NOW after participating in the series.

	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A
Aligning your expectations with your mentees BEFORE	0	0	0	0	0	0
Aligning your expectations with your mentees AFTER	0	0	0	0	0	0

SESSION 1:		Q22 ·								
SESSION 1: Rate how you felt about your skill BEFORE participating in the series, and how feel you are NOW after participating in the series.										
feel you are NOW after participating in the series.										
	Extremely	Very	Moderately	CI: whether						
	skilled	skilled	skilled	Slightly skilled	Not at all skilled	N/A				
Motivating your mentees BEFORE		,	,	0 ,		N/A				

Q23	
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SESSION 1:

	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A
Building mentees' confidence BEFORE	0	0	0	0	0	0
Building mentees' confidence AFTER	0	0	\circ	0	\circ	\circ

Q24	.₿.	×→

SESSION 1:

Rate how you felt about your skill BEFORE participating in the series, and how feel you are NOW after participating in the series.

	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A
Recognizing the importance of mental health for mentees BEFORE	0	0	0	0	0	0
Recognizing the importance of mental health for mentees AFTER	0	0	0	0	0	0

Q25	Q.	×→

SESSION 2:

Rate how you felt about your skill BEFORE participating in the series, and how feel you are NOW after participating in the series.

	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A
Working with mentees to set clear expectations of the mentoring relationship BEFORE	0	0	0	0	0	0
Working with mentees to set clear expectations of the mentoring relationship AFTER	0	0	0	0	0	0

Q26	.β.	×→
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SESSION 2:

	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A
Aligning your expectations with your mentees BEFORE	0	0	0	0	0	0
Aligning your expectations with your mentees AFTER	0	0	0	0	0	0

Q27						×→
SESSION 2:						
Rate how you felt ab	-			ting in th	e series, an	d how
feel you are NOW af	ter narticinat	ing in th	ne series			

	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A
Helping mentees develop strategies to meet goals BEFORE	0	0	0	0	0	0
Helping mentees develop strategies to meet goals AFTER	0	0	0	0	0	0

Q28					 Ö.	×→			
SESSION 2:									
Rate how you felt ab	out your ski	ill BEFOR	RE participa	ting in th	e series, ar	nd how			
eel you are NOW af	ter participa	ting in th	ne series.						
feel you are NOW after participating in the series.									
	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A			
Motivating your mentees BEFORE	,	,	,			N/A			

Q29	 Ö.	×→
SESSION 2:		
Rate how you felt about your skill BEFORE participating in the series	, and	how
feel you are NOW after participating in the series.		

Very Extremely Moderately Slightly Not at all skilled skilled skilled skilled skilled N/A Building mentees' \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc confidence BEFORE Building mentees' \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc confidence AFTER

SESSION 2: Rate how you felt al	oout your sk	ill BEFOI	RE participa	ting in th	e series, ar	nd how					
feel you are NOW after participating in the series.											
	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A					
Helping your mentees balance work with their personal life BEFORE	0	0	0	0	0	0					
Helping your mentees balance work with their personal life AFTER	0	0	0	0	0	0					

Rate how you felt about your skill BEFORE participating in the series, and how feel you are NOW after participating in the series.									
	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A			
Recognizing the role of self-care in being a better mentor BEFORE	0	0	0	0	0	0			
Recognizing the role of self-care in being a better mentor AFTER	0	0	0	0	0	0			

32		×→
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SESSION 3:

	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A
Establishing a relationship based on trust BEFORE	0	0	0	0	0	0
Establishing a relationship based on trust AFTER	0	0	0	0	0	0

Q33			

SESSION 3:

Rate how you felt about your skill BEFORE participating in the series, and how feel you are NOW after participating in the series.

×→

	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A
Taking into account the biases and prejudices you bring to the mentor/mentee relationship BEFORE	0	0	0	0	0	0
Taking into account the biases and prejudices you bring to the mentor/mentee relationship AFTER	0	0	0	0	0	0

SESSION 3:

	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A
Working effectively with mentees whose personal background is different from your own (age, race, gender, class, region, culture, religion, family composition etc.) BEFORE	0	0	0	0	0	0
Working effectively with mentees whose personal background is different from your own (age, race, gender, class, region, culture, religion, family composition etc.)	0	0	0	0	0	0

	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A
Providing constructive feedback BEFORE	0	0	0	0	0	0
Providing constructive feedback AFTER	0	\circ	0	0	0	0
Rate how you felt al				ting in th	e series, ar	nd how
Rate how you felt al	ter participa	iting in th	ne series.			nd how
Rate how you felt all feel you are NOW af Working with mentees to set clear expectations				ting in th	e series, ar Not at all skilled	N/A
Rate how you felt ak feel you are NOW af Working with mentees to set clear expectations of the mentoring relationship BEFORE	Extremely skilled	Very skilled	Moderately skilled	Slightly	Not at all skilled	N/A
to set clear expectations of the mentoring	Extremely skilled	Very skilled	Moderately skilled	Slightly	Not at all skilled	N/A

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Aligning your

expectations with your

expectations with your

mentees BEFORE
Aligning your

mentees AFTER

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N/A

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	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A
Motivating your mentees BEFORE	0	0	0	0	0	0
Motivating your mentees AFTER	0	0	0	0	0	0
Q39					:Ģ:	×→
Rate how you felt a	after participa	iting in th	ne series.			nd how
Rate how you felt a	-			Slightly skilled	e series, ar Not at all skilled	nd how
Rate how you felt a	after participa	ting in th	ne series.	Slightly	Not at all	
_	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A

0 0 0 0 0

BEFORE

AFTER

Managing challenging situations with trainee

	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A
Managing conflict BEFORE	0	0	0	0	0	0
Managing conflict AFTER	0	0	0	0	0	0
Q42					:ģ:	×→
SESSION 4: Rate how you felt a feel you are NOW a				ting in th	e series, ar	nd how
	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	Not at all skilled	N/A
Having difficult conversations BEFORE	0	0	0	0	0	0
Having difficult conversations AFTER	0	\circ	0	\circ	0	\circ
SESSION 5:	hout vour sk	ill BEFOI	RE participa	ting in th	.ģ.	x→
SESSION 5: Rate how you felt a				ting in th	Ů	
SESSION 5: Rate how you felt al feel you are NOW a	fter participa	iting in th	ne series.		e series, ar	
SESSION 5: Rate how you felt a	fter participa	ting in th	ne series.	Slightly	e series, ar	nd how
importance of mental health for mentees	fter participa Extremely skilled	Very skilled	Moderately skilled	Slightly	e series, ar	nd how
Recognizing the importance of mental health for mentees BEFORE Recognizing the importance of mental health for mentees before mental health for mentees	Extremely skilled	Very skilled	Moderately skilled	Slightly skilled	e series, ar Not at all skilled	N/A

Q41

SESSION 4:

Q45	×→
SMALL GROUP SESSIONS:	
You've indicated that you participated in small group discussions. Which did you attend? (Choose all the apply)	one(s)
Session 1: Communication Skills to Build Trainee Resilience	
Session 2: Promoting Trainee Resilience	
Session 3: Building a Welcoming and Inclusive Research Group	
Session 4: Difficult Conversations, Conflict, and Feedback	
Session 5: The Mental Health and Well-being of Your Trainees	
Q46	×→
SMALL GROUP SESSIONS: The small group discussion session(s) was/were helpful to me.	
○ Strongly agree	
○ Somewhat agree	
Neither agree nor disagree	
○ Somewhat disagree	
Strongly disagree	
Q47	×→
SMALL GROUP SESSIONS: The small group discussion session(s) helped me solidify what I learned.	
Strongly agree	
○ Somewhat agree	
Neither agree nor disagree	
○ Somewhat disagree	
Strongly disagree	
Q48	×→
SMALL GROUP SESSIONS: The small group discussion session(s) strengthened the series.	
 Strongly agree 	
Strongly agreeSomewhat agree	
○ Somewhat agree	

Q49
How can we improve the series?
Q50
Any other comments you would like to share with us?
We thank you for your time spent taking this survey.
Your response has been recorded.