

National Institutes of Health

Office of Intramural Training & Education

Q1

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

OMB#: 0926-0766

Expiration Date: April 2023

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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

x→

Which Raising a Resilient Scientist (RRS) session(s) did you attend? (Choose all the apply)

- ☐ 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
- ☐ Fair
- ☐ Poor

Q5

x→

How valuable was the series?

- ☐ Extremely valuable
- ☐ 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 scientific 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 and strategies I have learned in my research group or workplaces.

- ☐ 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 noticed positive changes in the trainees I have worked with.

- ☐ Strongly agree
- ☐ Somewhat agree
- ☐ Neither agree nor disagree
- ☐ Somewhat disagree
- ☐ Strongly disagree

Q10

x→

I am seeing changes in my mentoring efficacy.

- ☐ Strongly agree
- ☐ Somewhat agree
- ☐ Neither agree nor disagree
- ☐ Somewhat disagree
- ☐ Strongly disagree

$\times \rightarrow$




- ☐ Strongly agree
- ☐ Somewhat agree
- ☐ Neither agree nor disagree
- ☐ Somewhat disagree
- ☐ Strongly disagree



 $x \rightarrow$

- ☐ Strongly agree
- ☐ Somewhat agree
- ☐ Neither agree nor disagree
- ☐ Somewhat disagree
- ☐ Strongly disagree

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[illegible]

  [illegible]  [illegible]  [illegible]


  

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

[illegible]




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

[illegible]  →

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

[illegible]

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

[illegible]

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

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

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

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




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

[illegible]

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

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

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

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

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

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

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

[illegible]

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

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

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

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

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

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

[illegible]

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

[illegible]

Q41



SESSION 4:

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
Managing conflict BEFORE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Managing conflict AFTER	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q42

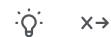


SESSION 4:

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
Having difficult conversations BEFORE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having difficult conversations AFTER	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q43



SESSION 5:

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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recognizing the importance of mental health for mentees AFTER	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q44

Did you participate in any small group discussions?

- ☐ Yes
- ☐ No

Q45

X→

SMALL GROUP SESSIONS:

You've indicated that you participated in small group discussions. Which one(s) did you attend? (Choose all the apply)

- ☐ 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

X→

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

X→

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

X→

SMALL GROUP SESSIONS:

The small group discussion session(s) strengthened the series.

- ☐ Strongly agree
- ☐ Somewhat agree
- ☐ Neither agree nor disagree
- ☐ Somewhat disagree
- ☐ Strongly disagree

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.