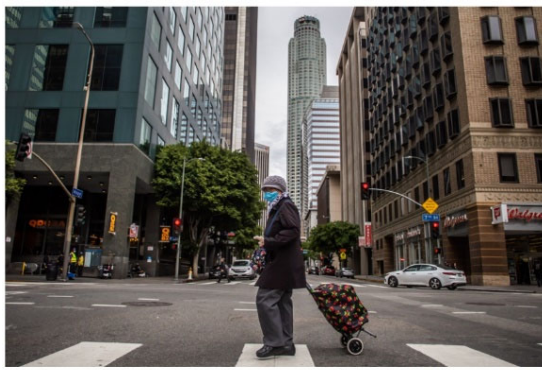


— TCU and UNTHSC — School of Medicine FACULTY DEVELOPMENT NEWSLETTER

April 9, 2020

Why You Should Ignore All That Coronavirus-Inspired Productivity Pressure

By Aisha S. Ahmad | MARCH 27, 2020



Setting Realistic Expectations for Navigating the COVID-19 Pandemic

If you have not read the recent piece by Aisha S. Ahmad in the [March 27, 2020 Chronicle of Higher Education](#), we encourage each of you to take a moment to breathe, reflect, and reset your expectations for the next several weeks. Many of you are at home attempting to create a semblance of order amidst the chaos, including taking care of children, elderly parents, partners and yourselves. Many of us are also having self-talks about preparing for triathlons, finally submitting the manuscripts in draft status, finishing our books, re-modeling our homes, etc. Professor Ahmad shares some insights from her own experiences in terms of being realistic about what you can accomplish in times of crisis and stress, and reminds us that during this time it is okay to hit pause and focus primarily on your individual and family's immediate realities and that by doing this, you are doing exactly what you should be doing in this moment. You can read Dr. Ahmad's article here:

<https://www.chronicle.com/article/Why-You-Should-Ignore-All-That/248366>.

"Know that you are not failing. Let go of all of the profoundly daft ideas you have about what you should be doing right now. Instead, focus intensely on your physical and psychological security." -Dr. Aisha Ahmad

Teaching Resources

- **New! Quick Tips: Virtual Case-Based Learning:** <https://tcu.box.com/s/oawgbocftnlji7twfhld6b7govekm714>
- **New! Secure your Zoom Meetings and Classroom:** <https://blog.zoom.us/wordpress/2020/03/20/keep-uninvited-guests-out-of-your-zoom-event/>
- **New! TCU FERPA Reminders in an Online World:** <https://tcu.box.com/s/ovr32l5vj81jr9scedllykw50oa44kz>
- **SOM Teaching Guides:** <https://tcu.box.com/s/ykjweeujbd3mo1xag48080n4c0oi1xh7>

Scholarship Guides

- **New! SOM Dissemination of Scholarship Appointment and Promotion Criteria due to COVID-19 cancellations:** <https://tcu.box.com/s/52gmltx8x41b57uxlo9oxm1q4l1yfur4>
- **APA Style Guide on Referencing Cancelled Conferences:** <https://apastyle.apa.org/blog/canceled-conferences?fbclid=IwAR0Af7t-IHXjpmkt10T8G1AB8uy2VYZXemk9WloZdzjW2F-esa1Mmhlq1Gc>

Working From Home Resources

- **TCU Koehler Center for Instruction Innovation and Engagement's Ramping Up Rapidly Page:** <https://tcuonline.tcu.edu/ramping-up-rapidly/>
- **TCU IT's Keep Working Page- One Stop Shop for Working Remotely:** <https://it.tcu.edu/keepworking/>
- **TCU HR Remote Work Page:** <https://hr.tcu.edu/remote-work/>

Keeping Healthy Resources

Watching: **Becoming mindful at work**

From the course: Mindfulness Practices

2,423 13,038



[Becoming Mindful at Work by Henna Inam](#)

Mindfulness helps you be more effective in today's busy world. It reduces stress, increases focus, and improves your ability to deal with challenges, both at work and at home. With regular practice, mindfulness can change the course of your life. Practice with executive coach Henna Inam as she leads you in guided exercises that expand emotional intelligence, grow self-confidence, and build stronger relationships. With these practices, you can actually experience in-the-moment inspiration, learn how to deal with difficult people, manage change, and confront fears. Each lesson is tied to an accompanying practice, which will help you change the structure of your brain to respond better to

stressors. Our world is changing rapidly. Evolve your mind to handle challenges with confidence. [For information on how to access LinkedIn Learning modules with your UNTHSC credentials, visit the Center for Innovative Learning for instructions.](#)

- **TCU HR's Keeping Healthy page:** <https://hr.tcu.edu/remote-work/keep-healthy/>
- **Free Daily Zoom Meditation Sessions with TCU's Dr. Shweta Reddy:** <https://what2do.tcu.edu/event/sky-meditation-tcu-3/>
- **Free Workout Suggestions from HSC Office of Care and Civility:** <https://tcu.box.com/s/uny7r24n012ryf8v4ksmw6jv6y88qrz3>

Upcoming Faculty Affairs and Development Sessions

MedEd Journal Club

Facilitated by Tom Deas, M.D.

April 22, 2020

3:00 PM—4:00 PM

via Zoom

No RSVP

The article that will be discussed will be "Measuring Coaching in Undergraduate Medical Education: the Development and Psychometric Validation of New Instruments" by Carney, et al. Journal article and other documents can be found here:

<https://tcu.box.com/s/dm6gm19ekzu1vhcloviamavqyzhvz7sq>.

Zoom link: <https://tcu.zoom.us/j/9238064207>



Did you know...

Did you know there is a new **Lesson Planning module**? In this module, faculty will explore the process of lesson planning from inception to execution and the important of a plan for medical education. You can view and complete the Lesson Planning module [here](#). For any questions, please contact MDFacultyDev@tcu.edu.

Faculty Development Resources

- [Suggest a Faculty Development Session](#)
- IAMSE How-To Guides
 - [How-To Guide for Active Learning](#)
 - [How-To Guide for Team-Based Learning](#)
- [Faculty Development Website](#)

Do you have a faculty development opportunity or news you want to share?
Please e-mail MDFacultyDev@tcu.edu!

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