

Brody Women Faculty Committee

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April, 2013 Newsletter

The front page

<http://www.ecu.edu/cs-dhs/bwfc>

Ponderings on Time Management

The INSPRE (Inclusion, Support, Professional development, Retention, Enrichment) Program at BSOM is co-sponsored by the Office of Faculty Development (OFD) and the Vice Chairs of Diversity Initiative (VCDI) and was formed based on the belief that the composition of the BSOM faculties should reflect the patients and medical learners that they serve. To achieve this end, recruitment and retention of outstanding faculties of color and women faculty have been identified as an institutional priority. This year's cohort will begin in September of 2014. If you are interested in participating, there is still room! Contact Karen James in OFD.

I participated in the INSPRE program in 2011-2012. While I learned about myriad tools for success, one that comes to mind this time of year is the importance of effective time management. Like most busy people, I do what I need to do each day and only think of tomorrow in terms of the urgent and important tasks that I need to accomplish. INSPRE reminded me that concentrating my attention on daily time management is unhealthy! Dealing only with the urgent and important leads to stress and burnout. Ideally, time management should center around preparation, prevention, planning, and empowerment. Focusing on these tasks brings balance, discipline, control, and perspective to our daily lives and should reduce crises of time management. So, slow down. Take a breath. Plan. Prevent. Prepare. And remember, the end of the academic semester is weeks away!

☺ *Jamie*

Summer Ventures in Science and Math

Mentor a high school student from June 17 through July 13.

Contact Dr. Mary Farwell (farwellm) or Cheryl Miller (millerche) by April 5 to serve as a mentor.

Go Brody Women!

Congratulations to:

Dr. Kathryn Verbanac and Dr. Kathryn Kolasa for being honored as
2013 Women of Distinction on behalf of the Chancellor's Committee on the Status of Women!

Dr. Jamie DeWitt for being honored as the
2013 Outstanding Young Investigator from the Immunotoxicology Specialty Section, Society of Toxicology!



We need YOU!

Leadership: the office or position of a leader; capacity to lead; the act or an instance of leading.

Elections for the next group of BWFC leaders is 5/15/13.

We need your voice.
Nominate yourself or another leader!

2012-2013

Brody Women Faculty Committee Event Schedule

Professional Leadership in Science & Medicine Conference,
12-5:00pm, 4/11/13, ECHI

Topic: Personal Success and Creativity in Academic Medicine
Speakers: Giselle Corbie-Smith, UNC-CH & Rodney Dietert, Cornell
(see back page for registration details)

Final Business Meeting of Year, 12-1:30pm, 5/15/13, 2W-38
Election of new BWFC officers

****Professional Leadership in Medicine and Science ** April 11, 2013 ** 12:00-5:00pm ** ECHI ****

Personal Success and Creativity in Academic Medicine

Keynote Speakers

**Giselle Corbie-Smith, MD
University of North Carolina
*Strategies for Success in Research***

**Rodney Dietert, PhD
Cornell University
*Tools for Creative Thinking in Science,
Research, and Medicine***

To register for this event, visit the Office of Faculty Development registration website:

<https://collab.ecu.edu/sites/cferegistration/default.aspx>.

For more information call Karen James at 744-3420

Additional events of potential interest to BWFC members...

April 5-21, The North Carolina Science Festival

This two-week celebration of science is the first statewide science festival in the nation! The goal of the festival is to get more North Carolinians engaged in science. Part of the Festival is a program to pair up middle school science teachers and their classes with a practicing scientist, called *Invite a Scientist*. Almost 90 teachers located all over the state have expressed interest in the program. The science festival is looking for people who would like to visit a middle school classroom for one day between February and April of 2013 and act as an ambassador of science. The scientist would share what they were like growing up, how they got interested in science and their current field, all the cool things they get to do as a part of their job, etc. The visit should be informal, hands-on and engaging; not a technical lecture. The festival is not looking for the scientists to necessarily "teach" the classes any specific information, just shine the light on careers and opportunities in science. Middle school has been shown to be an age where students tend to opt in or out of science. With your help, the festival would like to encourage them all to opt in. Please contact Lizzie Igoe at eigoe@email.unc.edu.

April 8-12, Research & Creative Achievement Week (RCAW), Mendenhall Student Center

Undergraduate and graduate students are invited to present their research to fellow students, colleagues, faculty, and the local community in a professional, conference-style setting. We define research as an original systematic investigation and/or original creative activity designed to develop or contribute to generalizable knowledge or culture. If you have a student who is interested in participating in ECU Research and Creative Achievement Week, please have the student complete an abstract submission form and submit it as required. Abstract submissions for 2013 will be accepted until February 1, 2013.

Something to contribute to the newsletter?
Direct materials to Jamie DeWitt at dewittj@ecu.edu.
Thank you!