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How We Can Serve You

The Office of Academic Development serves Houston Methodist clinicians and scientists by developing their research, teaching and non-clinical professional skills.

We achieve this through offering the following services.

**CONNECTION**

to available academic resources and services, both within Houston Methodist and externally.

**COACHING**

and one-on-one guidance on specific academic and non-clinical professional skills.

**CLASSES**

that distil the latest research on relevant academic topics and help build associated skills.

For more information or to request a service, you can contact us at academicrequests@houstonmethodist.org
Connection
We can connect you with:
- Houston Methodist departments that provide academic services like manuscript development and statistical support.
- Resources to make research and teaching more efficient and effective
- Links to free and for-cost external resources

Coaching
We can work with you one-on-one or in small groups in the following areas:
- Research Support:
  - IRB Protocol development for Fellows and senior Residents
  - Research Methodology for all (study design, sample size calculations, etc.)
  - Contact Dr. Lauren Irwin for an appointment leirwin@houstonmethodist.org
- Instructional design and curriculum development:
  - Designing learning programs
  - Measuring learning outcomes through evaluation
  - Contact academicrequests@houstonmethodist.org for an appointment
- Messaging of your academic work
  - Creating “Memorable Presentations” and engaging lectures
  - Crafting elevator pitches and relatable stories about research & clinical work
  - Contact academicrequests@houstonmethodist.org for an appointment
- Library Services and Search Strategies
  - Evidence based practice support
  - Searching for relevant literature to inform your clinical work
  - Contact Linné Girouard for an appointment LGirouard@houstonmethodist.org
- Systematic Review coaching and strategy building
  - Developing search strategies for Systematic Reviews
  - Guiding your systematic review process for efficiency
  - Contact Amy Taylor for an appointment ataylor3@houstonmethodist.org

Classes
We provide the following in-person workshops, partnered lectures and external didactics:
- Skill-building Workshops in Research Methods, Education (Instructional Design, Evaluation, The Science of Learning) and Non-Clinical Professional Skills (Emotional Intelligence, Social Media, Quality Improvement).
- Boot Camps: We provide two regularly scheduled Research Methods and Quality Improvement bootcamps every year that are open to all staff (Spring and Fall semesters). These are also available by requests to your department or small group.
Full Menu of Classes

Each course is listed with the associated ACGME competencies. You can find the complete documents for ACGME competencies for Residents [here](#) and for Fellows [here](#).

Each of the following courses is **one hour** in length and available to be given **at a time convenient** to your team. To request a course, contact us at academicrequests@houstonmethodist.org

### Teaching and Learning

**Science of Learning Series**

**TLSL1: Science of Attention and Engagement**

Is the ever-shortening attention span of our learners a myth? Join us in deep-diving into the neuroscience behind attention and engagement and learn how you can manage, sustain, and create engaging teachings!


ACGME Fellow Competencies: VI.B.4.d

**TLSL2: Skill Building through Habit Training**

Learners enjoyed your lesson but did their behavior actually change? Want to create lasting habits? Join us to identify six effective building blocks of habit formation based on neuroplasticity techniques you can implement in your teachings!


ACGME Fellow Competencies: VI.B.4.d

**TLSL3: Mindfulness: Training Your Brain for Focus**

We work in a very fast-paced clinical and research environment. Come learn how to enhance your trainee’s learning, decision-making skills, and on-the-job performance by implementing practical mindfulness activities.


ACGME Fellow Competencies: VI.B.4.d

**TLSL4: Cognitive Biases to Stimulate Learning**

There are a total 188 cognitive biases that impact our critical thinking. Join us and identify four distinct cognitive biases that can be used to increase proficiencies in learning transfer, retention, and content recall.

ACGME Resident Competencies: IV.B.1.d.(1).(c), VI.B.4.d, IV.B.1.d.), IV.B.1.(d).(1).(a)

ACGME Fellow Competencies: VI.B.4.d
TLIDE1: Case-Based Learning for Engagement
Learners only retain about 10 percent of the content delivered in an hour-long lecture. Case studies are an effective tool for continual learning and knowledge checks. Come learn how to write and create engaging clinical case studies that build on your delivered content!
ACGME Resident Competencies: IV.B.1.d.(1).(c), VI.B.4.d, IV.B.1.e).(1).(d), IV.A.4.a).
ACGME Fellow Competencies: VI.B.4.d

TLIDE2: Effective Presentation Structuring and Design
Want to avoid “death by PowerPoint”? And you only have 15 minutes for content delivery? We’ll discuss practical tips and you’ll leave with an outline for your next presentation that guarantees your trainees will learn!
ACGME Resident Competencies: IV.B.1.d.(1).(c), VI.B.4.d, IV.B.1.e).(1).(d)
ACGME Fellow Competencies: VI.B.4.d

Messaging and Memorable Presentations Series

MMP1: Telling the Story of your Science
Your research is valuable. Does it tell a story? Can you explain it to diverse audiences? Come to this workshop and learn how to tell the story of your science in a way that is interesting and captures your audience’s attention.
ACGME Resident Competencies: IV.B.1.d.(1).(c), VI.B.4.d
ACGME Fellow Competencies: VI.B.4.d

MMP2: The Big Picture – Data Visualization
You’ve got so much data and so much to say about it. Come discover how to engage an audience by simplifying your data and creating visual aids that tell your story with impact!
ACGME Resident Competencies: IV.B.1.d.(1).(c), VI.B.4.d
ACGME Fellow Competencies: VI.B.4.d

MMP3: Memorable Poster Presentations
Have you ever walked through a conference and were really impressed by a poster you saw? This workshop will turn you into the person with the impressive poster. Come learn how to create a clear, concise, and impressive poster presentation!
ACGME Resident Competencies: IV.B.1.d.(1).(c), VI.B.4.d
ACGME Fellow Competencies: VI.B.4.d, IV.D.2.b
Research and Statistics

Research Methods

RSRM1: Choosing a Study Design
You’re planning a new study – how do you know which design is the right fit for your research question? Come discover how to select and customize a study design for your project in this fun and engaging workshop.
ACGME Resident Competencies: IV.D.2.b.(1), IV.D.2.a., IV.A.6
ACGME Fellow Competencies: IV.D.2.a., IV.D.2.b

Practical Statistics

RSPS1: Choosing the Right Statistics for Your Research
Planning a new study includes considering which test you’ll need to use. Come join us for one hour of a practical and amusing review of statistical tests meant to make statistics approachable to all of us. This workshop will take away any hesitancy you may feel about discussing the math in your research study.
ACGME Resident Competencies: IV.D.2.b.(1), IV.D.2.a., IV.A.6
ACGME Fellow Competencies: IV.D.2.a., IV.D.2.b

RSPS2: Linear Regression
If your research project requires a more advanced statistical analysis, come join us to learn more about linear regression! This hands-on workshop will teach you everything you need to know about using linear regression in your research including what type of research questions it answers, what type of variables are needed, and if your data qualifies for using linear regression.
ACGME Resident Competencies: IV.D.2.b.(1), IV.D.2.a., IV.A.6
ACGME Fellow Competencies: IV.D.2.a., IV.D.2.b

RSPS3: Sample Size and Power Analysis
Have you ever wondered how to determine how many participants you need to include in your research? If so, this workshop is for you. In this workshop you will learn how to determine an appropriate sample size in order to get meaningful results from your research.
ACGME Resident Competencies: IV.D.2.b.(1), IV.D.2.a., IV.A.6
ACGME Fellow Competencies: IV.D.2.a., IV.D.2.b

Research Methods Boot Camp
Curious about research but not sure how to get started? In this bootcamp we turn your research idea into an actionable research plan. This series is held for an hour a week for 8 weeks and you’ll leave ready to put your research into action with a completed research protocol ready to be submitted to the IRB.
8 Week Breakdown

- Week 1: Research Questions
- Week 2: Defining Variables
- Week 3: Study Design
- Week 4: Measures and Analysis Plan
- Week 5: Statistics – Common Tests
- Week 6: Statistics – Regression
- Week 7: Sample Size Calculation
- Week 8: Peer Review of IRB Protocol

Manuscript Writing

**RSMW1: How Prolific Authors Publish**
Too busy for scientific writing? Come discover tips of the trade for writing scientific manuscripts and grant applications. You will leave with a plan to complete your writing even with your busy schedule.
ACGME Resident Competencies: IV.D.2.b),(1), IV.D.2.a., IV.A.6
ACGME Fellow Competencies: IV.D.2.a., IV.D.2.b

Literature Searches

**RSLS1: We Have It: An Introduction to HM Library Materials and Services**
Come discover the wealth of resources available to Houston Methodist and how to access them. This course includes an overview of Library holdings, including catalog, electronic books and subscription journals. Also discussed are databases, applications, and the interlibrary loan process.
ACGME Resident Competencies: IV.D.2.b),(1), IV.D.2.a., IV.A.6, I.D.3, IV.B.1.d),(1),(f).
ACGME Fellow Competencies: IV.D.2.a., IV.D.2.b

**RSLS2: The Art of the Search: Finding what you’re looking for**
Learn how databases retrieve information, how to create a search strategy using Boolean logic and how to use controlled vocabularies and key words.
ACGME Resident Competencies: IV.D.2.b),(1), IV.D.2.a., IV.A.6, I.D.3, IV.B.1.d),(1),(f).
ACGME Fellow Competencies: IV.D.2.a., IV.D.2.b

**RSLS3: Literature searching for Evidence Based Practice**
Come discover how to create a clinical query, from PICO to peer reviewed results. This course is intended for anyone in clinical practice and anyone interested in Evidence Based Medicine.
ACGME Resident Competencies: IV.D.2.b),(1), IV.D.2.a., IV.A.6, I.D.3, IV.B.1.d),(1),(f), IV.D.1.c
ACGME Fellow Competencies: IV.D.2.a., IV.D.2.b

**RSLS4: Introduction to Systematic Reviews**
This class covers the basic methodology of systematic reviews, other review types and what you need to get started before undertaking a systematic review.
ACGME Resident Competencies: IV.D.2.b),(1), IV.D.2.a., IV.A.6, I.D.3, IV.B.1.d),(1),(f).
ACGME Fellow Competencies: IV.D.2.a., IV.D.2.b
RSLS5: Searches for Systematic Reviews: What Makes the Difference?
This class explores the differences from a regular literature search to the methodology of a systematic review search. We also cover how to translate search strategies into additional databases.
ACGME Resident Competencies: IV.D.2.b),(1), IV.D.2.a., IV.A.6, I.D.3, IV.B.1.d),(1),(f).
ACGME Fellow Competencies: IV.D.2.a., IV.D.2.b

Professional Development

Non-Clinical Skills

PDNC1: Goal Setting for Learners
Are you a mentor? Come discover what the latest research says about effective clinical and academic mentorship. You will leave this workshop with a useful tool for guiding others (and yourself) towards their professional goals.
ACGME Resident Competencies: II.C.2., IV.B.1.(d),(1),(a).
ACGME Fellow Competencies:

PDNC2: Working Across Generations
Have you noticed generational difference between yourself and members of your team? Are you currently mentoring or training someone from a different generation? Join us in this dynamic conversation about how each of the five generations currently working in healthcare view feedback, authority, and respect. You will leave ready to bridge gaps in communication between the generations.
ACGME Resident Competencies: II.C.2., IV.B.1.(a),(1),(e), IV.B.1.(e),(1),(b).
ACGME Fellow Competencies:

PDNC3: Using Social Media to Advance Your Clinical Career
Faculty at the top healthcare organizations in the U.S. use social media to promote their work. Come learn many ways to use social media to advance your academic career.
ACGME Resident Competencies:
ACGME Fellow Competencies:

PDNC4: Six Skills of Innovation
Want to expand innovation in your work, team, or department? Join us as we deep dive into the science of the six skills of innovations that will help you generate innovation within the workplace.
Resident Competencies: II.B, II.B.2.g),(2), IV.B.1.a,(1),(g), IV.B.1.b), IV.B.1.e), II.B.4, V.A.1.a, IV.B.1.d),(1),(e).
ACGME Fellow Competencies:
Quality Improvement

PDQ1: Problem or Process?
Curious about how to get started on your Quality Improvement project? Come learn some basic tools you will need and make a plan for how to move forward.
ACGME Resident Competencies: II.B.2.g).(2), IV.B.1.d.(1),(d), VI.A.1.b.(1).(a).
ACGME Fellow Competencies: IV.D.2.a, VI.A.1.a).(1),(a), VI.A.1.b).(1).(a), VI.A.1.a.(2).

PDQ2: Change or Improvement?
How do you know whether a change you’ve made is making a process better? In this engaging workshop, you’ll discover how to measure your change to demonstrate improvement in your process.
ACGME Resident Competencies: II.B.2.g).(2), IV.B.1.d.(1),(d), VI.A.1.b.(1).(a).
ACGME Fellow Competencies: IV.D.2.a, VI.A.1.a).(1),(a), VI.A.1.b).(1).(a), VI.A.1.a.(2).

PDQ3: Root Cause Analysis
Ready to get to the root of the problem? Come learn how to conduct a Root Cause Analysis and determine the source of the problem you’ve identified in your Quality Improvement project.
ACGME Resident Competencies: II.B.2.g).(2), IV.B.1.d.(1),(d), VI.A.1.b.(1).(a).
ACGME Fellow Competencies: IV.D.2.a, VI.A.1.a).(1),(a), VI.A.1.b).(1).(a), VI.A.1.a.(2).

PDQ4: Creating a Culture of Psychological Safety
Do you ever wonder why individuals don’t speak up even when they know something is wrong? This workshop is for you. Join us as we cover the science behind psychological safety and teach you how to create an environment where individuals feel safe to speak up!
ACGME Resident Competencies: II.B.2.g).(2), IV.B.1.d.(1),(d), VI.A.1.b.(1).(a), IV.B.1.e).(1),(c).
ACGME Fellow Competencies: IV.D.2.a, VI.A.1.a).(1),(a), VI.A.1.b).(1),(a), VI.A.1.a.(2).

Quality Improvement Boot Camp
In just one hour per week for 5-weeks you’ll learn the basics of what QI is and how you can apply it to your clinical or non-clinical department. Using team-based learning methodology and content from the Institute for Healthcare Improvement, this course can get you started viewing your work through the lens of continuous improvement. You'll leave the class with a completed plan for an improvement project and you’ll have the option to follow up with your peers for six months after the class to get feedback and support on your project.

5 Week Breakdown
- Week 1: Teams, Stakeholders, and Goals
- Week 2: Problems and Tools
- Week 3: Measures
- Week 4: Making Changes
- Week 5: Testing and Sustainability
Emotional Intelligence

**PDEI1: The Emotion and Behavior Cycle**
Come discover how to enhance your clinical and academic leadership skills by developing your Emotional Intelligence! We’ll discuss how emotions impact productivity and teamwork. You’ll leave this hands-on workshop with a plan for how to manage conflict and increase clinical and academic productivity.
ACGME Resident Competencies: II.B, II.B.2.g),(2), IV.B.1.a.(1). (g), IV.B.1.b), IV.B.1.(e)
ACGME Fellow Competencies:

**PDEI2: Conflict Management and Resolution**
Come discover how to leverage emotional intelligence to resolve conflict and maximize your academic leadership skills. Join us as we use brain science to explore how to resolve conflict at its source. You will leave this interactive workshop with a practical tool to use in clinical and academic settings.
ACGME Resident Competencies: II.B, II.B.2.g), (2), IV.B.1.a.(1). (g), IV.B.1.b), IV.B.1.(e), IV.B.1.a). (1). (b), IV.B.1.a.(1). (g).
ACGME Fellow Competencies:

**PDEI3: The Psychology of Hope**
Why are some people more resilient than others? In this workshop you will learn the science behind what makes people resilient and how to apply this science to your everyday life.
ACGME Resident Competencies: II.B, II.B.2.g), (2), IV.B.1.a.(1). (g), IV.B.1.b), IV.B.1.(e), IV.B.1.a). (1). (b),
ACGME Fellow Competencies:

**PDEI4: Creating a Culture of Feedback**
Come discover the types of feedback and develop a culture of giving and receiving feedback on your team. You’ll learn practical steps for creating a culture of feedback and spend time working through case scenarios.
ACGME Resident Competencies: II.B, II.B.2.g), (2), IV.B.1.a.(1). (g), IV.B.1.b), IV.B.1.(e), II.B.4, V.A.1.a, IV.B.1.d). (1). (e).
ACGME Fellow Competencies:
Curated Menu by Professional Track

Please find below suggested menus for various learner groups. While these curated menus represent a short sampling of available workshops that may interest a specific group, all workshops are available to you to choose from.

Faculty Development (Research Focus)
TLSL2: Skill Building through Habit Training
TLSL4: Cognitive Biases to Stimulate Learning
TLIDE2: Effective Presentation Structuring and Design
MMP1: Telling the Story of Your Science
RSLS2: The Art of the Search: Finding what You’re Looking For
PDNC2: Working Across Generations
PDQI4: Creating a Culture of Psychological Safety
PDEI2: Conflict Management and Resolution
PDEI3: The Psychology of Hope

Faculty Development (Clinician Educator Focus)
TLSL1: The Science of Attention and Engagement
TLSL4: Cognitive Biases to Stimulate Learning
TLIDE2: Effective Presentation Structuring and Design
RSLS3: Literature Searches for Evidence Based Practice
PDNC1: Goal Setting for Learners
PDNC2: Working Across Generations
PDQI4: Creating a Culture of Psychological Safety
PDEI4: Creating a Culture of Feedback

Residents and Fellows
*Protocol Development Coaching available to all Fellows*
TLSL3: Mindfulness: Training Your Brain for Focus
RSRM1: Choosing a Study Design
RSPS1: Choosing the Right Statistics for Your Research
RSPS2: Linear Regression
PDQI1: Problem or Process?
PDQI2: Change or Improvement
PDQI3: Root Cause Analysis
PDEI2: Conflict Management and Resolution

Postdocs and Grad Students
TLSL3: Mindfulness: Training Your Brain for Focus
MMP1: Telling the Story of Your Science
MMP3: Memorable Poster Presentations
RSPS1: Choosing the Right Statistics for Your Research
RSPS2: Linear Regression
RSPS3: Multilinear Regression
RSLS4: Introduction to Systematic Reviews
PDEI1: The Emotion and Behavior Cycle
PDEI3: The Psychology of Hope