

Retreat Agendas

Orientation

Getting to know you, the hospital, the community
Core competencies, 360 degree evaluation
Sharing Fears

Mid-Year Intern

I'm tired
Benchmarks
Do you feel as I do?
Support Networks

Late Intern

Leadership
Conflict
Feedback/Teaching

PL2

Teacher
Communication
Career plans

PL3

Transitions
Negotiation
Business of medicine

Children's Medical Center
at Stony Brook

New Resident Retreat
July 21, 2006

In the beginning.....@

I Welcome



II Getting To Know You

III Lunch (save room for dessert)

IV Communication Skills



Let=s play a game...

V Don=t Worry, Be Happy



Tell us what worries you...



VI One day when I was working on the Ward...

Some tips to make it all easier...



VII Wrap up

Address/Phone list

Dinner Monday 6pm

Residency is going to be fun, ...

really!



Penn State Children's Hospital PL 1 Orientation Retreat

- 8:00 – 9:00 Breakfast / Welcome and Introductions
- 9:00 - 9:45 Group Resume
- 10:00 – 11:30 Introduction to Residency.
Core Competencies / Evaluation of Residents – 360 degrees!!!
Effective Communication
- 11:30 – 12:45 LUNCH – Intro to each other and to the Penn State Candid Camera
Caper
Divide into 4 groups.
- 12:45 – 4:30 Penn State Candid Camera Caper
Task – find all places and people listed.
Create Name / Theme / Logo for your group
Observe Roles in group - Task / Maintenance
- 5:00 Find the Briarcrest Community Room!!

Dinner
Process the activity - learn about themselves in relation to the
group. Arts and Crafts !!

Prizes. Wrap up. Good Bye.

Example of a 2 day retreat.

Mid-year PL1 Retreat

Day One

8:30	Continental Breakfast
9:00 - 9:30	Greetings, Introduction, Ground Rules
9:30 – 10:30	MINGLE BINGO
10:30 - 12:00	Bench Marks
12:00 - 12:30	MBTI –taking the test
12:30 - 3:30	Lunch / Free Time / check in
3:30 - 5:45	MBTI
6:00 - 7:30	Dinner
7:30 - 8:30	Games / Free Time

Day Two

8:30 - 9:15	Continental Breakfast / Check out
9:15 –11:15	Re-entry / Creating a support network
11:15 –11:30	BREAK
11:30- 12:30	Generation of program concerns
12:30 - 1:30	Lunch
1:30 - 2:45	Dialogue with Program Director and Chiefs
2:45 - 3:00	Next Steps
3:00 - 3:30	Re-entry and Evaluation

Penn State Children's Hospital PL1 Winter Retreat

- 8:30 AM Breakfast / Ground Rules / Check-In
- 9:15 AM Getting Re-acquainted – 2 truths / lie.
- 10:15 AM Benchmarks
- 11:30 PM Lunch
- 12:00 PM Taking MBTI /// MBTI
- 3:30 Do you feel supported? - developing a support network.
- 4:30 PM Wrap UP / Evaluation / Good bye

Penn State Children's Hospital Late PL1 Retreat

8:00AM	Breakfast / Welcome/Opening Remarks
8:30 AM – 9:15AM	Mingle BINGO
9:20AM – 11:15 AM	The Chief's How to, Where to and What to do Work Shop
11:15AM – 12:15 AM	Now you're in charge!!! Tips for leading your team.
12:15PM – 1:00PM	Lunch
1:00PM – 3:00PM	Thomas Kilman Conflict Workshop
3:00PM – 3:30PM	Strategies for success. Ask the Chief and PL3s
3:30PM	Wrap up, evaluation

Stony Brook Late PL-1 Retreat

1. Welcome !
(What's an end-of-the-year retreat for anyway?)
2. Let's Get Comfortable
(How to have fun without really trying)
3. Tempus Fugit
 - A. First Impressions...Year 1
 - B. Fast Forward
(You are not an intern anymore)
 - C. Planning Ahead
(Balancing responsibilities - leadership in teaching, learning, patients, career plans - where are you most and least prepared?)
4. Excellent Clinical Teaching and Evaluation
 - A. Characteristics of Teaching Excellence
 - B. Common feedback / evaluation errors
5. What's on the menu? (lunch time)
6. Stony Brook's Top Ten List
7. Stony Brook Theater (clips from favorite flicks)
8. It's a Wrap ! All's Well That Ends Well
(Insights, resolutions, focus for future discussion)

Early PL2 Retreat

Tuesday September 19

11:00 -12:15	LUNCH
12:15 - 12:45	Introduction / Ground Rules
12:45 - 1:30	Introduction to each other Introduction to CMCCC 4 groups -Name / Theme / Logo Roles in group - Task / Maintenance
1:30 - 4:00	Cape May Candid Camera Caper
4:00 - 4:45	Process - learn about themselves in relation to the group Collage
4:45 – 5:00	BREAK
5:00 - 6:45	Generate and Prioritize Issues - Select Team Leaders Team Leaders produce top 10 list.
6:45	DINNER

Wednesday September 21.

8:00 – 9:00	Breakfast ////Re-entry
9:00 - 11:30	Teaching Teaching
11:30 – 12:00	CHECK OUT / Team Leaders finalize list
12:00 - 1:30	LUNCH
1:30 - 2:30	Meet with PD / Chiefs
2:45 - 3:30	Process / Eval / Good Bye

Stony Brook PL2 Retreat

The Perfect Middle Child:

Learner, Teacher, Scholar, Leader, Great Communicator

1. Welcome ! Let's get comfortable
2. Goals and Getting There
3. New Roles in Communication...
 - Feedback
 - Communication with PMDs
 - Angry family
 - Difficult resident
4. Food for thought (lunch)
5. What Makes an Excellent Clinical Teacher
6. Stony Brook's Top Ten List
7. For Your Viewing Pleasure
 - Clips that address communication skills
8. Closing Thoughts?

Stony Brook PL3 Retreat

1. Welcome !
2. Transitions to New Roles
3. The Business of Practice
4. The Business of Living
(stress, balance, health, happiness, juggling it all)
5. Skills for Next Steps
 - a. Negotiation
 - b. Conflict Resolution
 - c. Leadership
 - d. Professionalism
 - e. Goal Setting
 - f. Continued Knowledge expansion
6. Food for Thought (lunch)
7. Goals and Reflections
8. Final Thoughts
 - Advice to new interns
 - Advice to new seniors
 - Feedback on your training

**Penn State Children's Hospital
Career Development Day**

Welcome – Bring your CV to gain entry

Transitions

Job search / Contract Negotiations

Malpractice Insurance

Lunch

The Business of Practice

Life Balance / Odds and Ends

CV / cover letters

Evaluation / Next Steps

Senior Pediatric Resident Retreat
June 4, 2002

1. Welcome – How well do we really know each other?
2. The Art of Negotiation
 - Principles
 - Application
3. The Real Reason We're Here – LUNCH
4. Negotiation Hollywood Style
5. Last Thoughts – The Good, the Bad, and the Ugly, and the Good
 - (remember that feedback sandwich!)
6. The finale (until tonight!)