

Unlocking Success: A Roadmap to Thriving as a Program Coordinator

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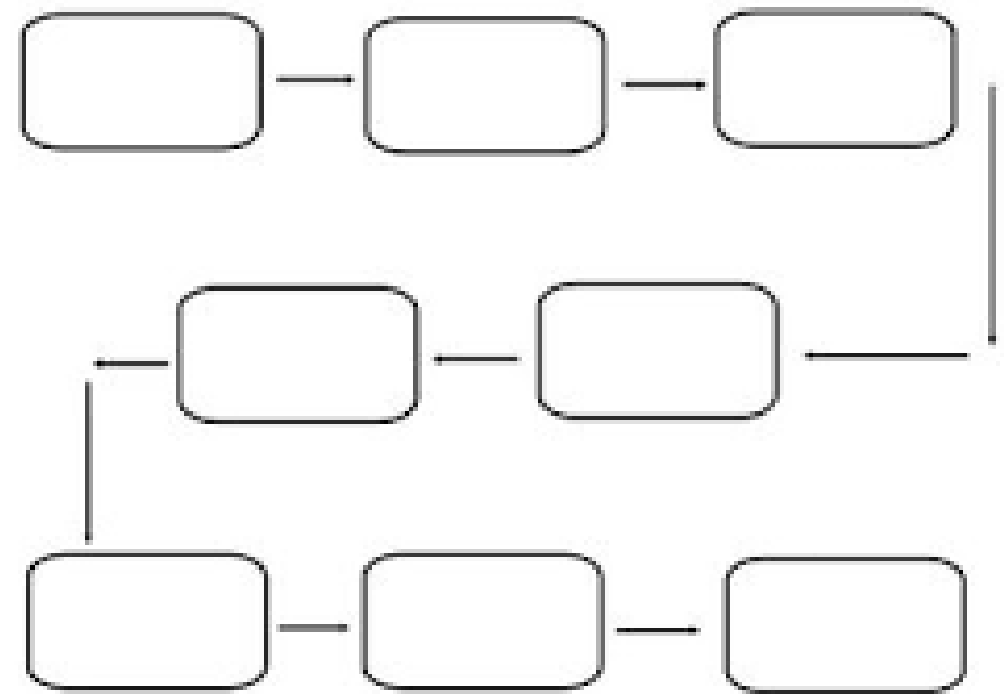
Goal



Graduate Medical Education Alphabet Soup



Go with the flow



Yearly Cycle



Brain Games





Staying Sharp



Bonjour



Grow Mindset

Those with growth mindsets embrace challenges, persist through obstacles, learn from criticism, and are inspired by the success of others. With the growth mindset, we can acknowledge our failures and find inspiration to keep improving.



MINDSET CHECK UP

Take a minute or two to answer these questions. There are no right or wrong answers here. Just circle the button that you think works best for you!

PART #1

Circle The # that you think fits best.

1. You can always change your talent a good amount, no matter how much you have.

1 — 2 — 3 — 4 — 5 — 6
disagree disagree kind of kind of agree agree
big time big time

2. I like work the best when it makes me think hard.

1 — 2 — 3 — 4 — 5 — 6
disagree disagree kind of kind of agree agree
big time big time

3. I like doing things that I'll learn from even if I make a lot of errors.

1 — 2 — 3 — 4 — 5 — 6
disagree disagree kind of kind of agree agree
big time big time

4. When something is hard, it makes me want to spend more time on it, not less.

1 — 2 — 3 — 4 — 5 — 6
disagree disagree kind of kind of agree agree
big time big time

PART #1 TOTAL _____

PART #2

NOTICE WE CHANGED THE SCORING FOR THIS PART. READ CAREFULLY:)

5. You can always learn things, but you can't really change how smart you are.

1 — 2 — 3 — 4 — 5 — 6
agree agree kind of kind of disagree disagree
big time big time

6. I like work the best when I can do well without putting a lot of effort in.

1 — 2 — 3 — 4 — 5 — 6
agree agree kind of kind of disagree disagree
big time big time

7. I like doing work that I can do perfectly almost all of the time.

1 — 2 — 3 — 4 — 5 — 6
agree agree kind of kind of disagree disagree
big time big time

8. When I have to put extra work in it makes me feel like I'm not as good as my peers.

1 — 2 — 3 — 4 — 5 — 6
agree agree kind of kind of disagree disagree
big time big time

PART #2 TOTAL _____

Now add the two parts together

GRAND TOTAL

7 Steps To a Growth Mindset

- Everything is possible
- Passion first
- Be connected
- Own your actions
- Appreciate what you have or had
- Give
- Do it now!



Goal

The point is
to learn & to
improve
not to be
PERFECT.





To think about...