

Tuesday, February 23, 2021

1. 2021-2021 ACADEMIC SENATE RESEARCH GRANT PROGRAMS

The annual Call for Applications for the Grants to Promote New Research Initiatives and Interdisciplinary Research (\$5,000-\$25,000), the Small Grants in Aid of Research (\$2,000), and the Research Travel Grants (\$800).

Committee on Research Faculty Research Grant Programs

Grants to Promote New Research Initiatives and Interdisciplinary Research Faculty can apply for grants in one of three categories: (a) projects involving a new research initiative; (b) interdisciplinary projects; and (c) requests to enhance ongoing projects with appropriate justification. Given the funding source (07427), benefit costs for hiring any personnel on the Grants to Promote New Research Initiatives and Interdisciplinary Research must be included as part of the proposal budget.

Small Grants in Aid of Research

Faculty whose standard faculty teaching load is equivalent to 16 quarter units per year are eligible for this program. The monies awarded can be spent for any legitimate research purposes (other than faculty salary) as determined by university rules.

Research Travel Grants

Funding will be awarded only for a faculty member's personal presentation of their original work. Up to \$800 can be reimbursed for anyone meeting, domestic or international. Travel grant applications will be accepted throughout the year but must be received a minimum of 2 weeks before the start of travel.

The 2021-2022 CALL FOR APPLICATIONS and relevant documents can be found at <https://academicsenate.ucdavis.edu/grants-and-awards>

If you have questions or need additional information, please contact Debbie Stacionis via email at dstacionis@ucdavis.edu.

The deadline for research grant applications is 5:00 PM on Wednesday, March 31, 2021.

2. 10 TIPS TO BOOST YOUR LEADERSHIP PRACTICE THIS WEEK!

From our Executive Physician Coach Dr. Terri Malcolm

Need a little boost to your leadership practice? To that end, I've got an insider trick to share. But before I spill the tea, it's officially Random Act of Kindness Week 2021 and I thought you might appreciate a few acts of kindness yourself. Why? Because scientific evidence shows us that simple acts of kindness can reward our bodies and minds with feel-good chemical substances. In other words, doing something kind contributes to *your overall well-being* and it helps those who receive them. How does it make you feel to read that? For more of that heart-warming feeling, I've rounded up some random acts of kindness ideas to inspire you. Best of all? You can do most of these right from your phone. Here are 10 fun, easy ways you can spread kindness this week.

1. **Start very simply**: Text a colleague you haven't spoken to in a while and remind them that they are awesome.

2. **Be present**: Driving or walking somewhere? Meeting a colleague for lunch? Put your phone away and be in the moment!

3. **Love notes**: Email a thank you to someone who has made a difference in your life. Tell them how they have helped you. Next, write a letter to yourself. Describe all your strengths, skills, values, behaviors, and actions that have gotten you to where you are. Email it to yourself, star it, and put it in a folder that you'll read later when you really need to hear those words.

4. **Kindness Table**: Make 2 columns on a piece of paper. In the column on the right, list five daily activities you do. Then in the next column, write a way you can do the same activity, with an added element of kindness. For example, "brush and floss teeth" might be upgraded to "Think of five things I'm grateful for today while brushing and flossing."

5. **Java love drive-thru**: Using your Starbucks app to purchase a morning cup of joe? Secretly pay for the next person in line.

6. **Care for three**: Visit www.careforthree.com and follow the instructions for creating three notes with a short personalized message. Decorate and personalize anyway you want.

7. **Post positivity**: Post or share an inspiring message on social media. Post a quote that inspires you, explain why, and you're pretty much guaranteed to brighten someone's day.

8. **Music Mood**: Share an uplifting or empowering song.

9. **\$5 Dollar Difference**: Take \$5 (even \$1 will work) and within the next 24 hours make a difference with one or five dollars.

10. Get moving! [Charity Miles](#) donates to causes for every mile you walk, skip, run, bike, wheelbarrow-race, roller skate—you get the picture. (You can compound the charitable donations if you use this on a charity-sponsored marathon of some kind!)

11. Reflection: Reflect on how kind acts affect others and yourself. Wrap up the week thinking back to those good thoughts and feelings you experienced this week to give yourself another biochemical boost.

<https://health.ucdavis.edu/facultydev/faculty-development-offerings/executive-coaching.html>

3. JUST ADDED – FACULTY SEARCH COMMITTEE DATES APRIL-JULY

These workshops aim to identify factors that can introduce bias into the faculty recruitment process and provides evidence-based approaches that will maximize the likelihood that excellent and diverse candidates will be identified, selected for offers and recruited onto the UC Davis faculty.

- April 7th from 1-3pm – [Automatically register yourself](#) for this date
- May 7th from 12-2pm – [Automatically register yourself](#) for this date
- June 16th from 1-3pm - [Automatically register yourself](#) for this date
- July 21st from 1-3pm - [Automatically register yourself](#) for this date

4. VITAL SMARTS OFFERINGS! SPRING MORNING SESSIONS

Faculty Development is offering a series of courses to learn and apply habits of thought that lead to beneficial patterns of action. In the foundational course in the series, you will learn how to deal with high-stakes conversations (where opinions vary, and emotions run strong) using the skills of **Crucial Conversations**. By learning how to speak and be heard, and encouraging others to do the same, you'll create alignment and agreement by cultivating open dialogue around high-stakes, emotional, or risky topics with anyone.

One of the most dreaded conversations is an accountability conversation. **Crucial Conversations** gives you the framework for the conversation, and **Crucial Accountability** levels up, with a straightforward, step-by-step process for identifying and resolving performance gaps.

The Influencer course identifies the high-leverage behaviors you should focus on to effectively motivate and enable others. Throughout the course you will apply each principle to a real situation you are facing, leaving with a powerful strategy to create behavior change that can yield rapid, lasting results.

The final course in the series focuses on our own needs, based on the best-selling book by David Allen--Getting **Things Done**®. This training teaches skills to manage

the constant flow of requests, tasks, and interruptions we face daily. We focus on capturing all the incoming requests in a few key places, to prep us to do the right things in the right moments. When we can make strategic decisions about where to invest our time and energy, we can focus on the right priorities, and prevent critical projects from slipping.

Crucial Accountability

Friday, March 12,19, & April 2

9:00am-12:00pm

Register here: <https://tinyurl.com/VS-CC-CA>

Influencer:

Friday, April 9,16, & 23

9:00am-12:00pm

Register here: <https://tinyurl.com/VS-Influencer>

Getting Things Done

Friday, April 20, May 7, & 14

10:00am-12:00pm

Register here: <https://tinyurl.com/GTD-VS>