

SOCIETY *of* BEHAVIORAL MEDICINE

Better Health Through Behavior Change

ETCD Council Conference Call

MINUTES

Tuesday, August 14, 2018

11 a.m. PT/12 p.m. MT/1 p.m. CT/2 p.m. ET

Call in number: 1-800-377-8846 Access Code: 38206000#

In Attendance

Amy Huebschmann, MD (chair)
Jamie Bodenlos, PhD
Vicki DiLillo, PhD
Andrea Kozak, PhD
Morgan Lee, PhD, MPH
Valerie Myers, PhD
Barbara Stetson, PhD
Lindsay Bullock (staff)
Andrew Schmidt (staff)

Regrets

Karen Oliver, PhD
Lori Pbert, PhD

Microcredentialing Program and Addition of ETCD Council Members

Amy reported that the Alternative Revenue Working Group discussed with SBM President Sherry Pagoto and the board about the possibility of the ETCD Council overseeing the establishment of a microcredentialing program, beginning with a feasibility study that will begin in the coming weeks. Two of the working group members, Cynthia Castro-Sweet at Omada Health and Robin Anthony Kouyate at Amgen, were suggested as potential additions to the ETCD Council to work on the project. Both are behavioral medicine researchers working in industry and longtime SBM members.

Amy asked the council whether the working group members should be invited to join the ETCD Council as full members, or if a microcredentialing subcommittee or working group under the purview of the ETCD Council should be created. Vicki suggested that they join as guest members with the opportunity to transition to full members if interested; this would be similar to how Andrea joined the ETCD Council in 2017 as SIG Council liaison and is now a full council member. The council agreed that new members should be invited to oversee the microcredentialing project without immediately being made full council members.

Next steps:

- Amy and Lindsay will reach out to Cynthia and Robin individually to discuss the proposed arrangement and invite them to join the September council call.

Annual Meeting Session Planning

Amy reported that Karen had been in touch with her previously about postponing the proposed internship panel until the 2020 Annual Meeting. Several of the panelists that she was hoping would participate in the

session would not be able to attend the meeting in DC next year, but were planning to be at the 2020 meeting in San Francisco.

Andrea reported that she had begun drafting an abstract for the panel discussion on mentorship for early-career faculty, and asked the council members if they had experience providing mentorship (especially to grad students) while at the assistant professor level or if they could suggest potential panelists with such experience.

Val reported that she has been collaborating with the Student SIG on an abstract for a grad student panel at the 2019 meeting, focusing on work-life balance for grad students and early-career members. Jocelyn Remmert, Student SIG Chair, will be finalizing and submitting the abstract.

Morgan noted that she and Amy reviewed the abstracts from recent years' Meet the Professors sessions, and had begun drafting an abstract for a "Meet the Fellows" session at next year's meeting. Amy and Morgan will share the abstract with the council for feedback before submitting.

Career Development Webinar Series

Amy introduced the ETCD Corner article for the upcoming issue of the *Outlook* newsletter, which focuses on the career development webinar series.

The upcoming sessions in the series include:

- "Transition from Postdoc to Junior Faculty," in collaboration with the Health Equity SIG. 9/20/18.
- "Choosing the Right Postdoc," in collaboration with the Cancer SIG. 10/25/18.
- "Navigating Mid-Career Transitions," in collaboration with the Physical Activity SIG. 11/29/18.
- "How to Write a Successful Specific Aims Page," in collaboration with the Obesity and Eating Disorders SIG. 1/10/19.
- "Leadership Skills for Psychologists," in collaboration with the Pain SIG. 3/21/19.

Morgan reported that Sydney O'Connor, Student SIG Mentorship and Training Coordinator, has developed a set of slides to be presented before each session and a uniform post-webinar survey to provide a consistent identity for all entries in the series and collect feedback for any future career development-focused webinars.

Outlook Q&A Responses

Each issue of *Outlook* features questions from the SBM membership that have been answered by current and past society leaders, and Amy shared draft responses from the ETCD Council to the questions for the upcoming fall issue:

1. As a graduate student or postdoc, how do you establish mentorships, either formally or informally? Do you have strategies for those of us who are more introverted? What are you looking for in a mentee?
 - Amy presented draft suggestions for establishing a mentorship:
 - Participate in mentoring opportunities at the Annual Meeting, such as "Meet the Professors" and other mentoring sessions offered by the SIGs.
 - Take advantage of online resources, including the career development and training webinar series or SBM's consulting program.
 - Council members provided characteristics they look for in a mentee, including:

- Enthusiastic.
 - Not afraid to ask questions.
 - Organized and able to follow through on tasks.
 - An ability to manage stress well.
 - For introverted mentees: Try to seek out one-on-one time with you mentor, consider engaging with potential mentors in informal settings (like group mentoring sessions at the Annual Meeting), and come to meetings with questions you want to ask written down in advance.
2. If you could go back and tell yourself as a postdoc (or graduate student) one piece of wisdom you wish you knew then, what would you say?
- Amy provided some potential responses based on a previous ETCD Corner article in *Outlook*:
 - “Do a few things well.”
 - “Get a good mentor and nurture that relationship.”
 - "Take a deep breath."
 - “Breathe and persist.”
 - “Do what you love to do with people that you enjoy working alongside.”
3. How do you establish independence as a very early-career researcher (e.g., postdoc) while working primarily on projects and datasets that you do not own?
- Suggestions from the council included:
 - “It depends.” The details will be different for each study, but you can work with your mentor to try to identify a unique research question that you can ask with secondary data that’s already been collected.
 - Apply for the Distinguished Student Excellence in Research Award, which provides funds for research projects.

Next steps:

- Amy will compile the council’s responses and send them to Dr. Bill Sieber, *Outlook* editor, for inclusion in the fall 2018 issue.

Next Meeting

September 11th, 3-4:00 p.m. ET