

Faculty: Know Thyself

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(C)1997 Photo by H.Fujita



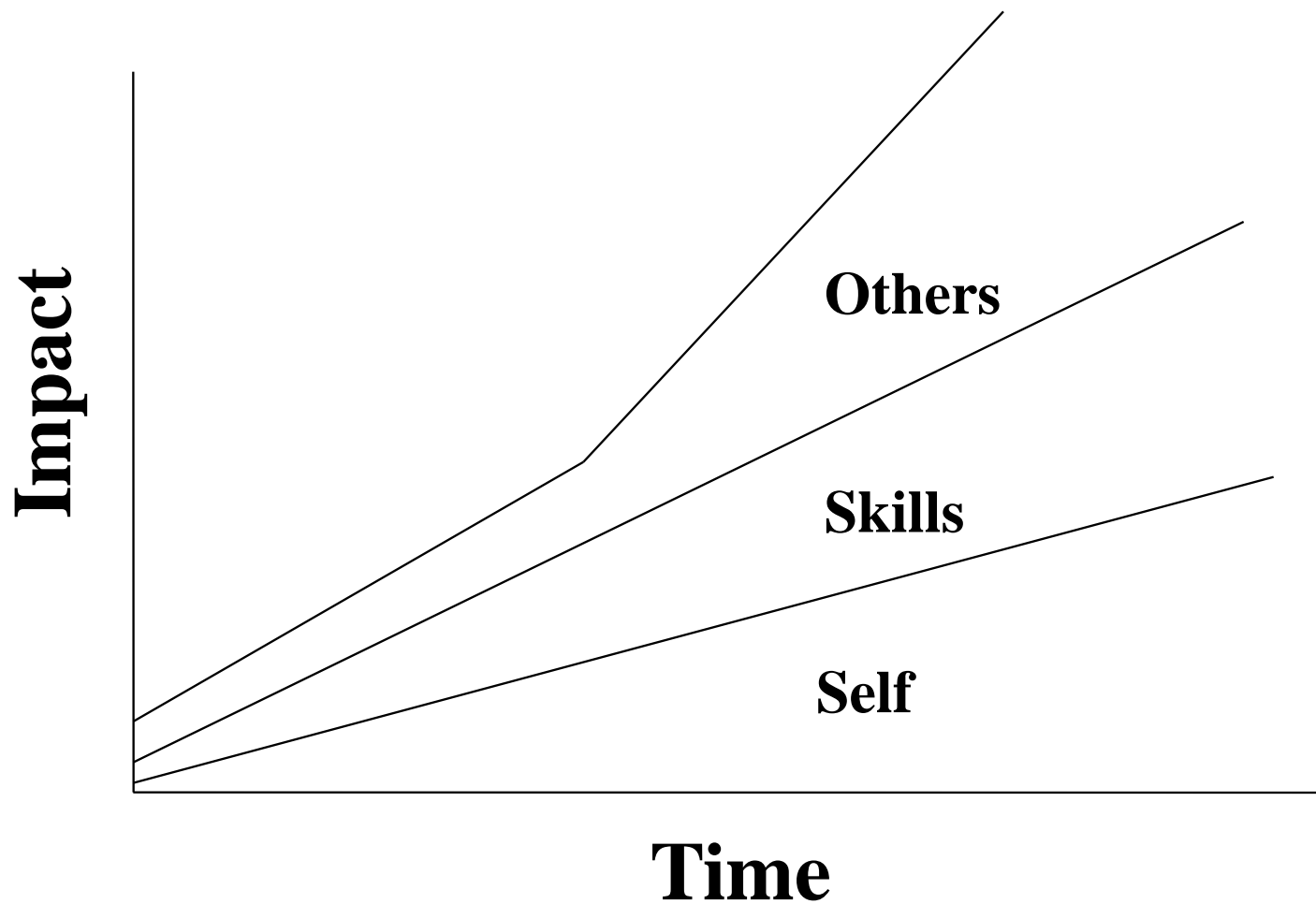
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Subtitle:



- ⌘ “THE FIVE” core elements of successful faculty
- ⌘ “MY FIVE” core elements of successful faculty
- ⌘ The “HIGH FIVE” core elements of successful faculty

Faculty Development



Plan of Action




- ⌘ Teach the “High Five” Core Elements
- ⌘ Measure yourself on elements
- ⌘ Goal: Identify one new action to alter your
CORE

“High Five” CORE Elements”




⌘ Know what fills you up



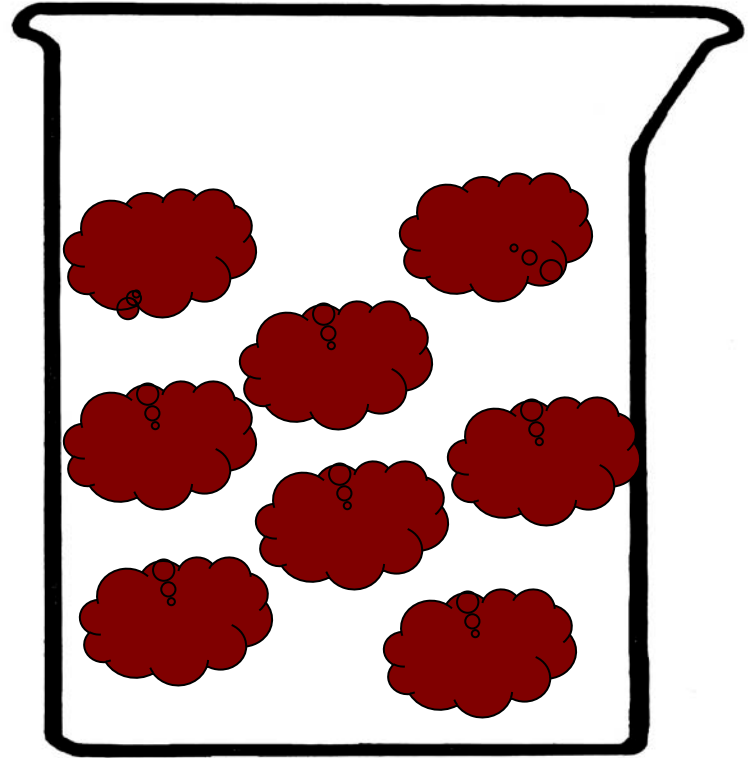
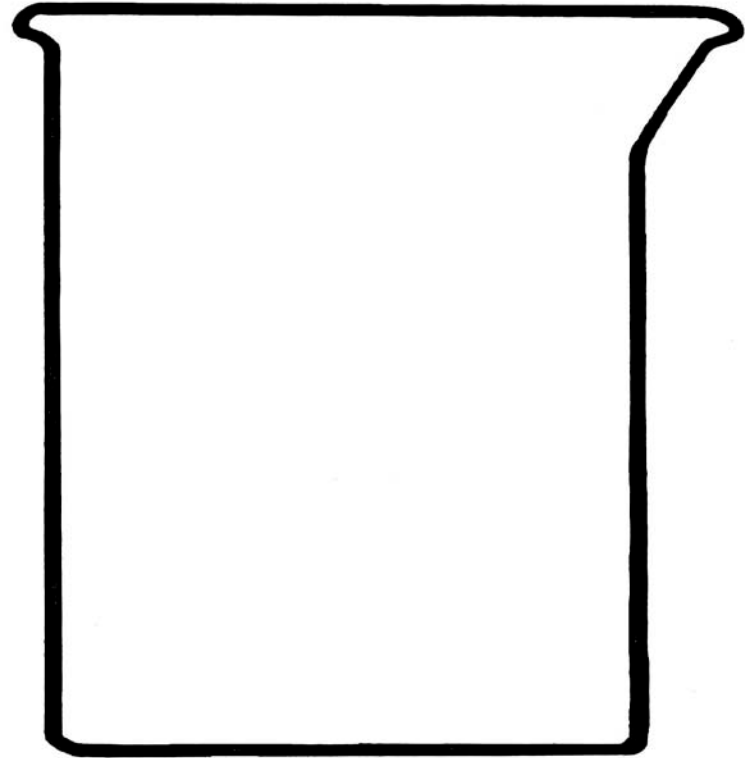
“Fullness. Loving doing what you do, doing what you love to do; it’s the most important thing in the world...if you cannot give yourself to your work, then not only will it not nourish you, it will impoverish everyone around you”

Danaan Parry
Warriors of the Heart

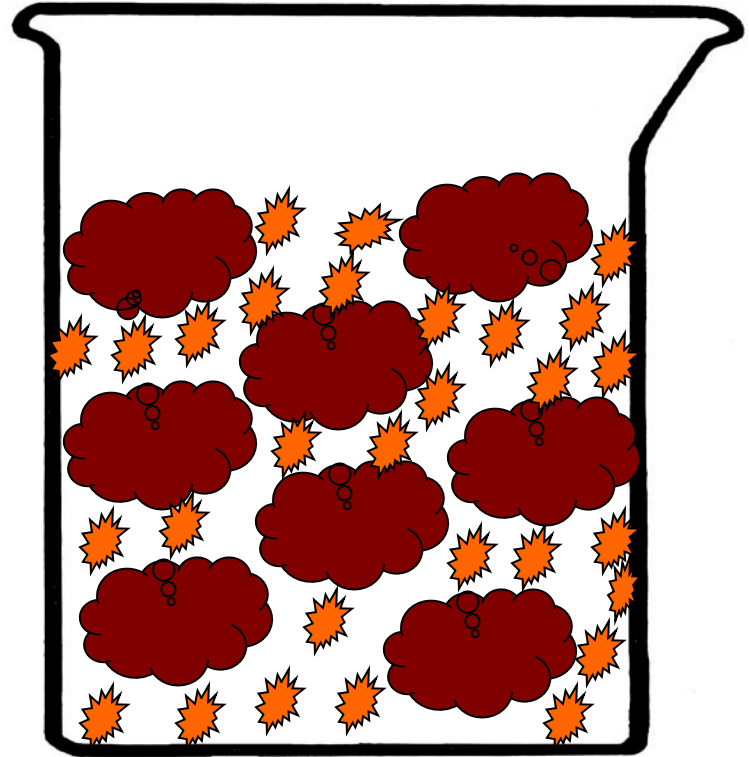
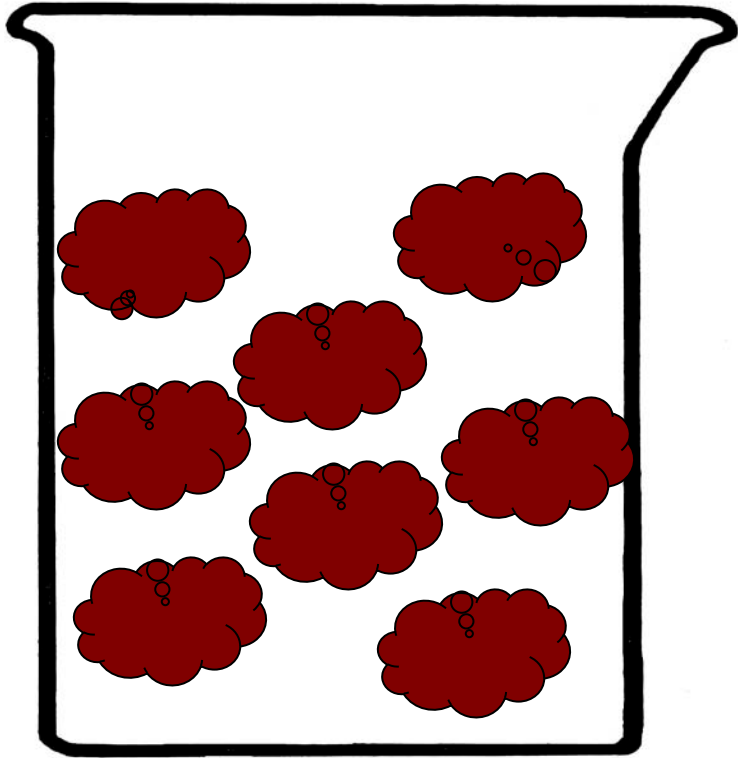


“Its not how much we do but how much love we put into the action that we do.”

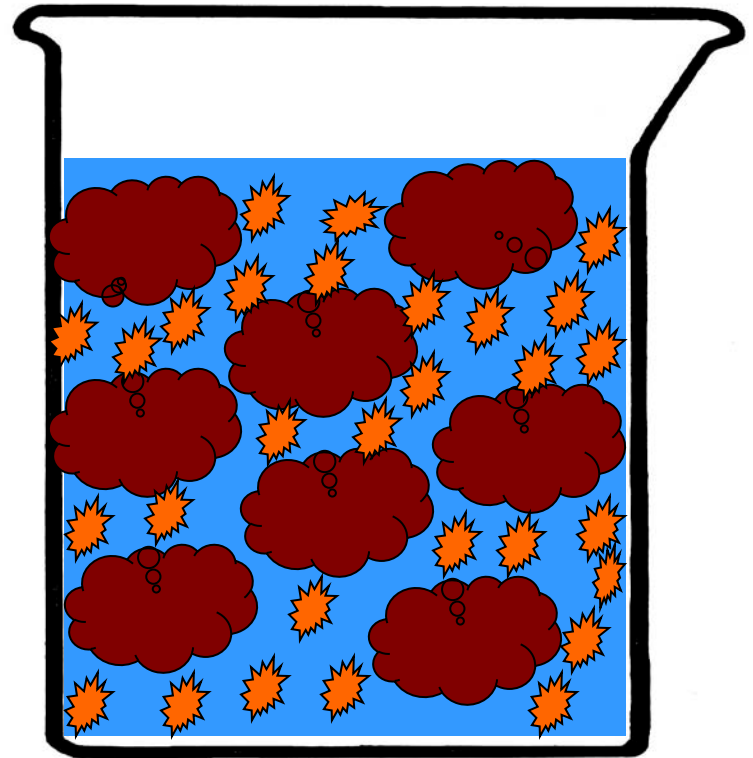
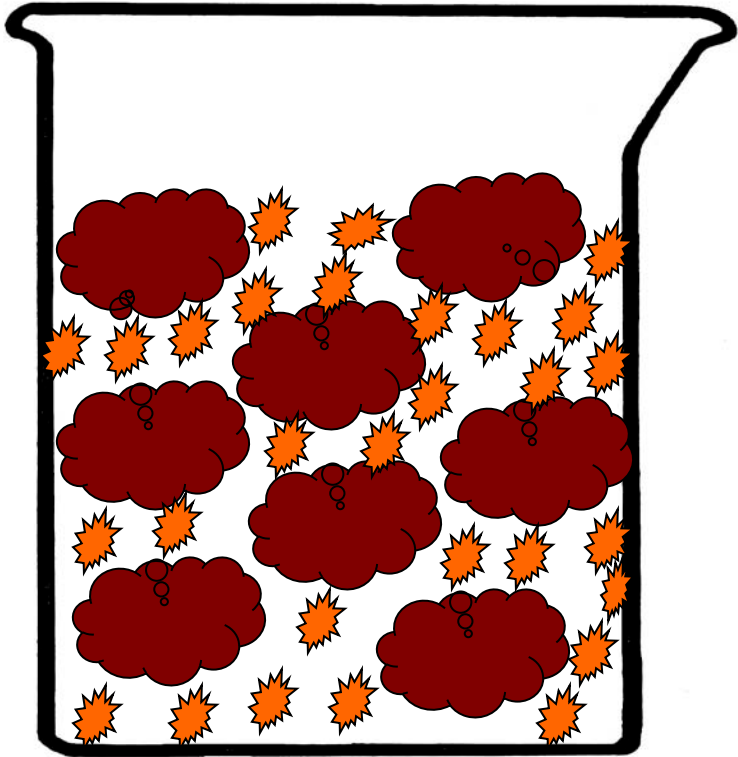
Mother Teresa,
Nobel Prize speech



Steven Covey



Steven Covey



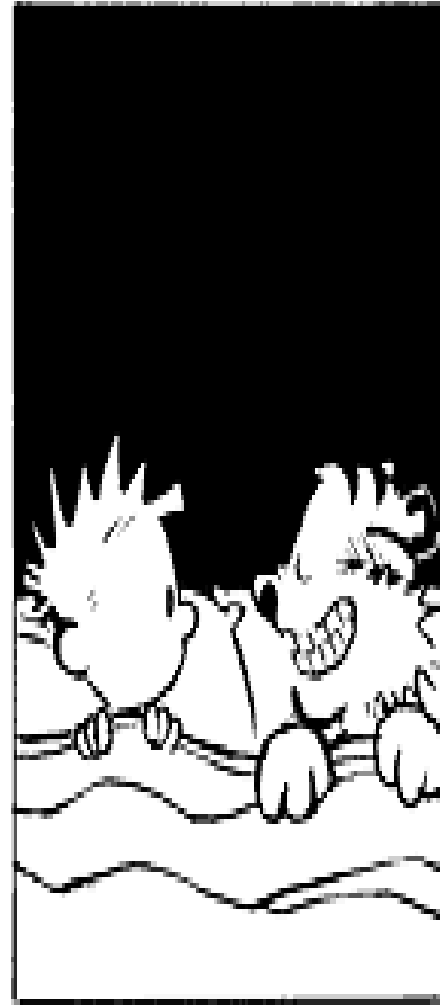
Steven Covey

Plaque Exercise



- ⌘ Design a plaque you would like to win
- ⌘ What would you want it to say?
- ⌘ What difference did you make?
- ⌘ What were you trying to influence?
- ⌘ How did you accomplish the above?
- ⌘ Write down your answers
- ⌘ Share plaque with a neighbor

Calvin: Pondering man's purpose




“High Five” CORE Elements”




⌘ Know what fills you up

⌘ **Commit to a cause larger than yourself**



This is the true joy in life, the being used for
a purpose recognized by yourself as a mighty
one.

George Bernard Shaw



You ask me to give you a motto. Here it is:
SERVICE. Let this word accompany each of
you throughout your life...it will lead you to
happiness, no matter what the experiences
of your lives are.

Albert Schweitzer

The “*Natural Bottom*” of academic life is “Self-Promotion”



⌘ Promotion

⌘ Tenure

⌘ Discovery

⌘ Publication

⌘ Grants

⌘ Salary

Exercise: What is your cause?



⌘ Why?

⌘ Why?

⌘ Why?

⌘ Why?

⌘ Why?

“Hitch’s Cause”



- ⌘ Plaque: “Teacher of the Year”
- ⌘ Develop the next generation of doctors
- ⌘ Medical education is broke
- ⌘ I want to change medical education
- ⌘ Gives purpose to my teaching
- ⌘ Building an army of faculty to assist me

Exercise: What is your cause?



⌘ Why?

⌘ Why?

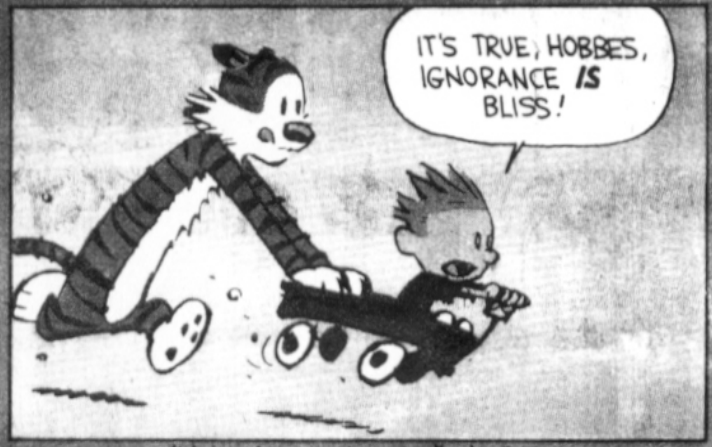
⌘ Why?

⌘ Why?

⌘ Why?

calvin and Hobbes

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IT'S TRUE, HOBBS,
IGNORANCE IS
BLISS!

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ONCE YOU KNOW THINGS,
YOU START SEEING
PROBLEMS EVERYWHERE...

.. AND ONCE YOU SEE
PROBLEMS, YOU FEEL
LIKE YOU OUGHT TO
TRY TO FIX THEM...

.. AND FIXING
PROBLEMS ALWAYS
SEEMS TO
REQUIRE
PERSONAL CHANGE..

.. AND CHANGE
MEANS DOING
THINGS THAT
AREN'T FUN!
I SAY PHOOEY
TO THAT!



BUT IF YOU'RE
WILLFULLY STUPID,
YOU DON'T KNOW ANY
BETTER, SO YOU CAN
KEEP DOING WHATEVER
YOU LIKE!



THE SECRET TO
HAPPINESS IS
SHORT-TERM,
STUPID
SELF-INTEREST!



WE'RE HEADING
FOR THAT CLIFF!

I DON'T WANT
TO KNOW
ABOUT IT.



WAAUGGHHH!




I'M NOT SURE I CAN
STAND SO MUCH BLISS.

CAREFUL! WE DON'T WANT TO
LEARN ANYTHING FROM THIS.

“High Five” CORE Elements”




- ⌘ Know what fills you up
- ⌘ Commit to a cause larger than yourself
- ⌘ **Live a balanced life**



The Tao (Way) is like the bending of a bow. The top is bent downward; the bottom is bent up. It adjusts excess and deficiency so that there is perfect balance. It takes from what is too much and gives to what isn't enough.

Tao Te Ching,
Lao-tzu



Wisdom comes from balance. Workaholics are very intelligent, interesting, often witty and charming people, but they lack this inner wisdom. The crisis in their lives attest to this.

First Things First

Stephen Covey

Carole



□ My Sport



My Hobby



My Girls:



Addy Maggy

Michael Logan

How do you spend your time?



⌘ Family

⌘ Community

⌘ Faith

⌘ Hobbies

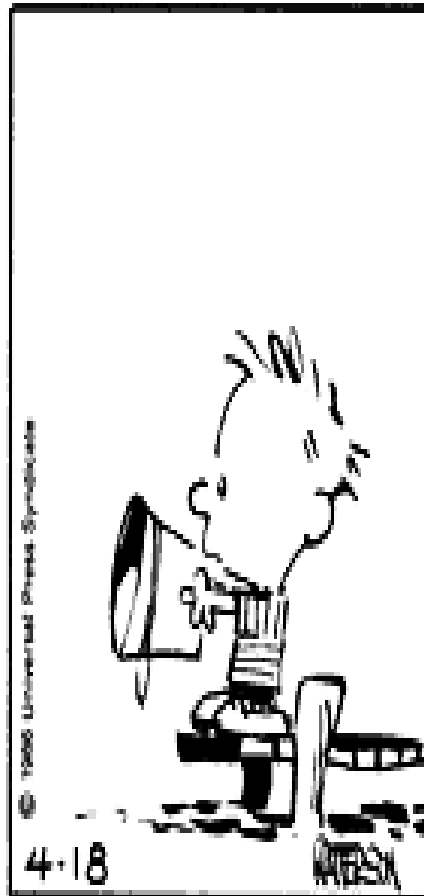
⌘ Sport

⌘ Work

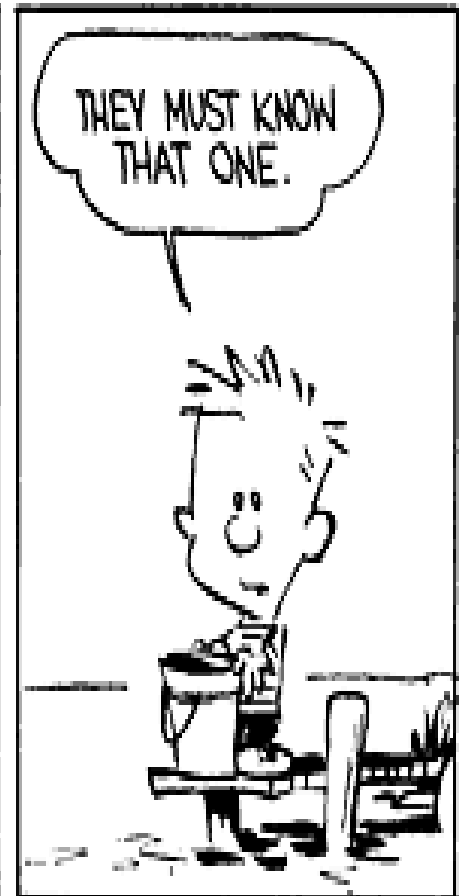
Calvin: Adding “fishing” to “Balance his Life”



HERE FISH!




THEY MUST KNOW
THAT ONE.



“High Five” CORE Elements”




- ⌘ Know what fills you up
- ⌘ Commit to a cause larger than yourself
- ⌘ Live a balanced life
- ⌘ **Share the journey with a partner**



And who will walk a mile with me
Along life's weary way?...
A friend who knows, and dares to say
The brave, sweet words that cheer the way
Where he walks a mile with me.

A Mile with Me
Henry Van Dyke



I love you,
Not only for what you are,
But for what I am
When I am with you.

Love
Roy Croft

“Your Partner” Exercise

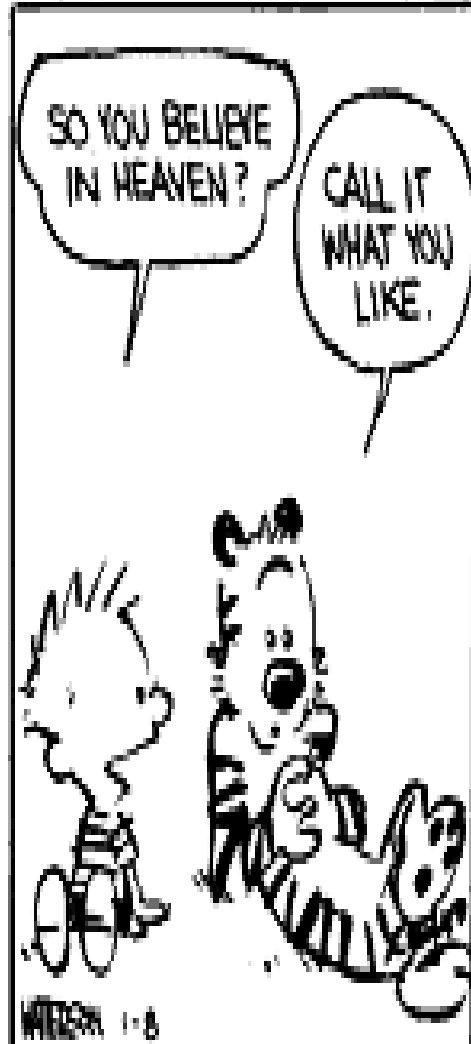
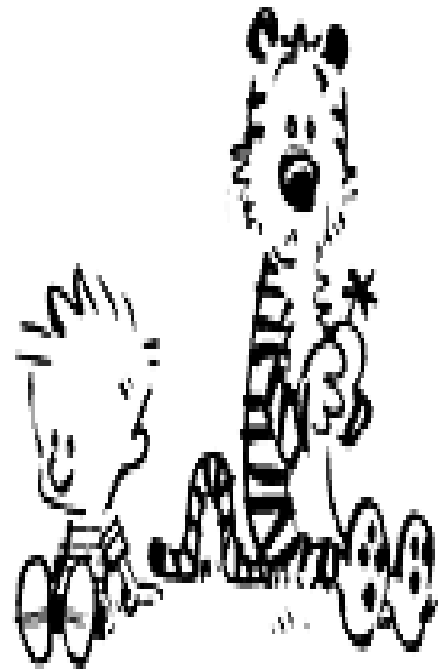


- ⌘ Do you have a partner?
- ⌘ What characteristics most helpful for you?
- ⌘ Are you nurturing intimacy in the relationship?

Calvin & Hobbes: Sharing the Journey



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WHEAT 1-8

“High Five” CORE Elements”



- ⌘ Know what fills you up
- ⌘ Commit to a cause larger than yourself
- ⌘ Live a balanced life
- ⌘ Share the journey with a partner
- ⌘ **Reinvent yourself every few years**

Warren Bennis: *I cannot stress too much the need for self-invention*



⌘ *be authentic*

⌘ *be your own author*

⌘ *become yourself*

⌘ *become maker of your own life*

⌘ *discover your native energies and desires*

⌘ *find your own way of acting on them*

Evidence supporting self-invention



- ⌘ Middle-aged men change careers post-MI's
- ⌘ Satisfaction of post-middle-aged men=pursuit of youthful dreams
- ⌘ More women are inventing themselves

Hitch: Reinventing himself

Baylor

Duke

USE


Hawaii

Reinventing yourself



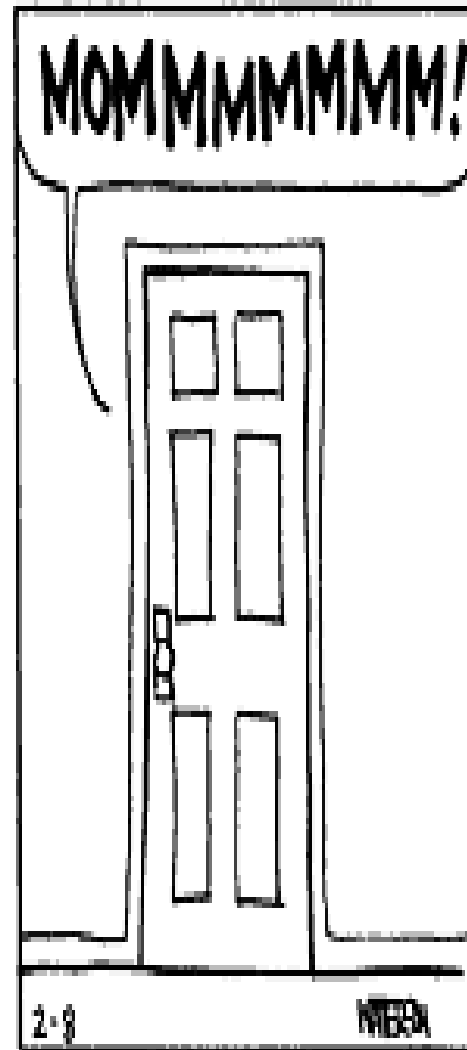
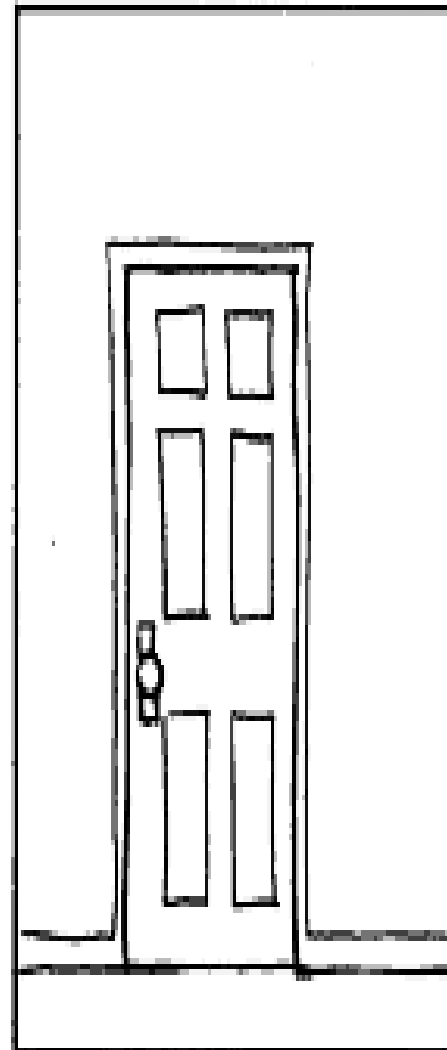
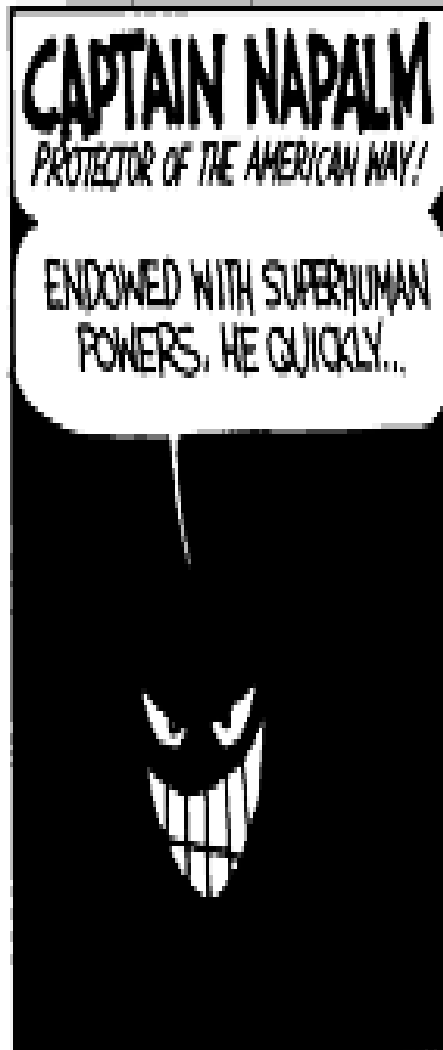
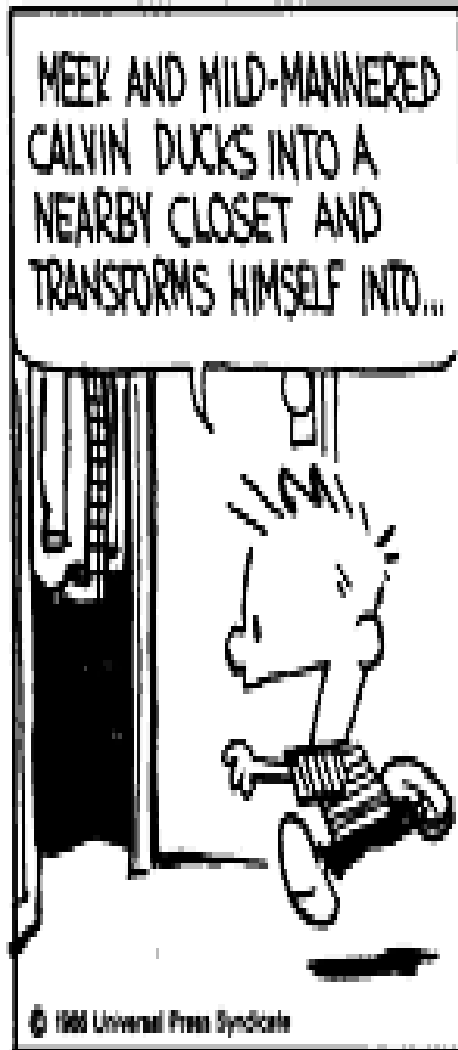
- ⌘ Periodically re-examine and realign with your mission, passion and talents
- ⌘ Know your specific “cycle of interest”

When was the last time you re-invented yourself?



- ⌘ How is your work life?
- ⌘ Do you keep a personal journal?
- ⌘ Do you have a mentor?
- ⌘ What are you trying to learn or improve in your life right now? (personal lesson plan)

Calvin: Reinventing himself



Summary: CORE Elements



- ⌘ Know what fills you up
- ⌘ Commit to a cause larger than yourself
- ⌘ Live a balanced life
- ⌘ Share the journey with a partner
- ⌘ Reinvent yourself every few years

Letter to Yourself



- ⌘ Write a letter to yourself with address
- ⌘ Describe at least one change you plan to make
- ⌘ Give letter to me
- ⌘ Will mail it to you six months from now

CORE

**Hey mon, know what fills you up
Hey mon, share your cares with someone
Hey mon, you could be a great swan
You can be much more effective**

**Hey mon, you must balance your life
Hey mon, reinvent yourself too
Hey mon, commit to a cause
It can help you be much better**

[Chorus]

**You must work on your C-O-R-E, C-O-R-E
You can end all your strife
You can have a good life
You can even teach much better**