

Strengths for Scientists Fall Cohort 2021

Thank you for participating in this research survey to evaluate the Strengths® for Scientists program(s) that you have participated in. This study is designed to assess the impact that understanding your natural talents and strengths and how to apply them can have on various behaviors, attitudes and beliefs that relate to self-efficacy and science identity. We also want to better understand your experience as a participant in the first year of this strengths-based cohort program.

Your participation will take no more than 15 minutes of your day and is completely voluntary. All feedback and responses are anonymized and maintained in a secure data collection system (REDCap). At no point will you be asked any information that could lead back to your identity as a participant. Additionally, you may choose to not participate or to close out of the survey at any given time without penalty.

Please be aware that once feedback is submitted, responses may be held up to five years to analyze and compare the responses from other cohorts. Furthermore, we may use your anonymized feedback for reporting and/or publication purposes in the future.

This survey is being conducted by Dr. Julie Lockman, Assistant Vice-President of Graduate Education. For questions about this project, please contact Julie Lockman at jmlockman@hsc.wvu.edu. IRB Acknowledgement of this study is on file.

How long have you been a PhD student within your current graduate program?

- ☐ Second Year in Program
- ☐ Third Year in Program
- ☐ Fourth Year in Program
- ☐ Fifth Year in Program
- ☐ Sixth Year in Program
- ☐ More than six years in program

For each item below, indicate your level of agreement with each statement after participating in the Fall 2021 Strengths Cohort Program.

There was a sense of community among the Strengths Fall Cohort program participants.

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neither disagree nor agree
- ☐ Agree
- ☐ Strongly agree

I felt a sense of belonging within the program.

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neither disagree nor agree
- ☐ Agree
- ☐ Strongly agree

I believe that a Strengths-based approach can be used to help me navigate interpersonal conflicts or challenges.

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neither disagree nor agree
- ☐ Agree
- ☐ Strongly agree

I can accurately assess my abilities.

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neither disagree nor agree
- ☐ Agree
- ☐ Strongly agree

I can utilize my Strengths in the laboratory or research setting.

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neither disagree nor agree
- ☐ Agree
- ☐ Strongly agree

I can utilize my Strengths in the classroom setting.

- ☐ Strongly disagree
☐ Disagree
☐ Neither disagree nor agree
☐ Agree
☐ Strongly agree

I believe that a Strengths-based approach can be used to help me achieve the goals I set for myself.

- ☐ Strongly disagree
☐ Disagree
☐ Neither disagree nor agree
☐ Agree
☐ Strongly agree

I am confident in my ability to develop a plan to target my Strengths at specific tasks and goals.

- ☐ Strongly disagree
☐ Disagree
☐ Neither disagree nor agree
☐ Agree
☐ Strongly agree

I have natural talents and skills that make me a good scientist.

- ☐ Strongly disagree
☐ Disagree
☐ Neither disagree nor agree
☐ Agree
☐ Strongly agree

I have natural talents and skills that make me a strong member of my research team.

- ☐ Strongly disagree
☐ Disagree
☐ Neither disagree nor agree
☐ Agree
☐ Strongly agree

I am confident that applying my Strengths will help me learn more effectively in the laboratory.

- ☐ Strongly disagree
☐ Disagree
☐ Neither disagree nor agree
☐ Agree
☐ Strongly agree

Having an understanding of my Strengths has helped me to manage my responses to challenges and setbacks in my professional life.

- ☐ Strongly disagree
☐ Disagree
☐ Neither disagree nor agree
☐ Agree
☐ Strongly agree

Program Design and Delivery

The different topics/focus of the individual sessions were useful.

- ☐ Strongly disagree
☐ Disagree
☐ Neither disagree nor agree
☐ Agree
☐ Strongly agree

The focus of the sessions were relevant to my needs as a graduate student.

- ☐ Strongly disagree
☐ Disagree
☐ Neither disagree nor agree
☐ Agree
☐ Strongly agree

The format of the sessions was effective.

- ☐ Strongly disagree
☐ Disagree
☐ Neither disagree nor agree
☐ Agree
☐ Strongly agree

The frequency of the meetings (once per month) was appropriate.

- ☐ Strongly disagree
☐ Disagree
☐ Neither disagree nor agree
☐ Agree
☐ Strongly agree

The length of the program (September-December) was appropriate.

- ☐ Strongly disagree
☐ Disagree
☐ Neither disagree nor agree
☐ Agree
☐ Strongly agree

The sessions were inclusive of diverse individuals and perspectives.

- ☐ Strongly disagree
☐ Disagree
☐ Neither disagree nor agree
☐ Agree
☐ Strongly agree

Having a Strengths Coach present to facilitate sessions had a positive impact on my learning.

- ☐ Strongly disagree
☐ Disagree
☐ Neither disagree nor agree
☐ Agree
☐ Strongly agree

Comment here on the individual session topics and associated assignments and whether you found them valuable and relevant or not. Topics were: Developing your Strengths Brand/I AM statement, Strengths-based interviewing, Managing weaknesses

As a result of the program, what new insights do you have about yourself?

What do you need or want that would help you to continue your strengths-based development.

Please share anything else you would like to share regarding the Strengths for Scientists programming you have participated in.
