



WHAT REALLY MATTERS FOR YOU AND FOR US

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**Winter 2024 Virtual Mini-Conference
for Research Coordinators**

ITHS

Institute of Translational Health Sciences
ACCELERATING RESEARCH. IMPROVING HEALTH.

TABLE OF CONTENTS/TIMELINE

1-hour breakdown

- ▶ Starting an anonymous conversation
 - ▶ Connecting fellow research coordinators
 - ▶ Open-ended questions with open discussions
 - ▶ Allowing difficult conversations in a safe space
 - ▶ Providing opportunities to support one another
 - ▶ Prioritizing positivity and mindfulness
-
- ▶ 0-10 min - Introduction/Setting up
 - ▶ 10-20 min - Ice breakers
 - ▶ 20-30 min - Advanced ice breakers
 - ▶ 30-40 min - Start of video
 - ▶ 40-50 min - End of video
 - ▶ 50-60 min - Takeaway

GROUND RULES

- ▶ All content and results are anonymous and private
 - ▶ No recording, screenshotting, or taking pictures
 - ▶ With exception to Zoom displaying names
- ▶ Refrain from using real names if you want to talk about the experience
 - ▶ Avoid calling out people you know if you see them here
 - ▶ Don't provide identifying information
- ▶ At your own pace and comfortability
 - ▶ Participation is not required
 - ▶ Breakout room options available

LEARNING OBJECTIVE

- ▶ Participants will be able to engage with fellow research coordinators to provide support and networking ideas and opportunities



APPLICATIONS & TOOLS

▶ Tools necessary for participation:

- ▶ Dual monitor or single monitor plus a cell phone

▶ Applications we will be using:

- ▶ Zoom
- ▶ Slido





SLIDO EVENT CODE # 7589843

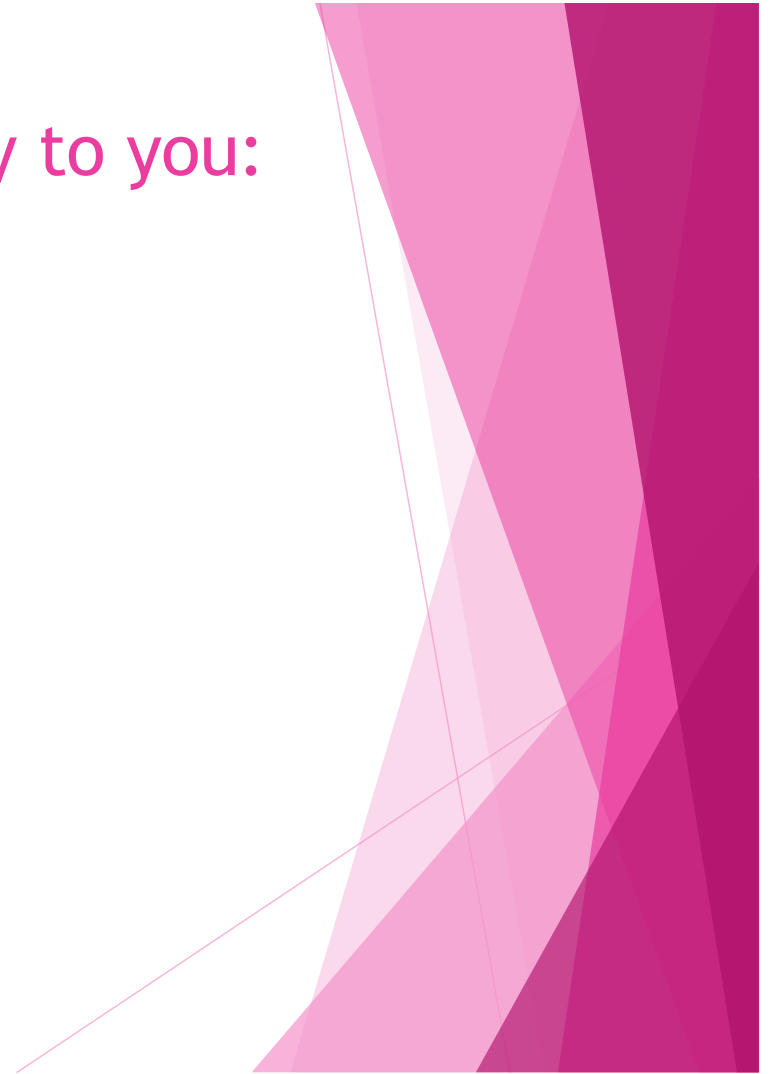
<https://app.sli.do/event/bopQsxfM8okSnnCSpU6STZ>

PERSONAL INTRODUCTION

- ▶ Started at the Cancer Vaccine Institute at the University of Washington
 - ▶ Currently at the Alzheimer's Disease Research Institute at the University of Washington
 - ▶ Research Coordinator for ~2 years
 - ▶ Why did I pursue research coordinating?
 - ▶ Bullet journaling, reading, watching TEDTalks, archery
 - ▶ Why am I here today?
-
- ▶ If you are interested in an opportunity to present/facilitate, please contact ITHS

Select the options that bring joy to you:

- ▶ Sleeping in a freshly made bed
- ▶ Random acts of kindness
- ▶ Having time for myself
- ▶ When your favorite song plays
- ▶ Freshly brewed tea/coffee
- ▶ Doing something active outdoors
- ▶ Talking to or playing with your pet
- ▶ That “Friday feeling”
- ▶ A perfectly cooked meal
- ▶ Putting your “Out of Office” on before going on a holiday
- ▶ That new car smell



“

What is something that you enjoy?

”

Open-ended question, please use the Q&A function on SLIDO to participate

SLIDO Event Code # 7589543

<https://app.sli.do/event/bopQsxfM8okSnnCSpU6STZ>

“

How long have you been a
research coordinator/in your
role?

”

Open-ended question, please use the Q&A function on SLIDO to participate

SLIDO Event Code # 7589543

<https://app.sli.do/event/bopQsxfM8okSnnCSpU6STZ>

“

What is something good that happened to you recently?

”

Open-ended question, please use the Q&A function on SLIDO to participate

SLIDO Event Code # 7589543

<https://app.sli.do/event/bopQsxfM8okSnnCSpU6STZ>

“

Why are you working as a
research coordinator/in your
role?

”

Open-ended question, please use the Q&A function on SLIDO to participate

SLIDO Event Code # 7589543

<https://app.sli.do/event/bopQsxfM8okSnnCSpU6STZ>

“

What is a goal/achievement
that you made progress
towards recently?

”

Open-ended question, please use the Q&A function on SLIDO to participate

SLIDO Event Code # 7589543

<https://app.sli.do/event/bopQsxfM8okSnnCSpU6STZ>

I feel supported in my role and have resources available to me.

- ▶ Strongly Agree
- ▶ Agree
- ▶ Neutral
- ▶ Disagree
- ▶ Strongly Disagree



“

What is something work-related that frustrates you?

”

Open-ended question, please use the Q&A function on SLIDO to participate

SLIDO Event Code # 7589543

<https://app.sli.do/event/bopQsxfM8okSnnCSpU6STZ>

“

What changes could be made
to support you in your role?

”

Open-ended question, please use the Q&A function on SLIDO to participate

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“

What would support you?

”

Open-ended question, please use the Q&A function on SLIDO to participate

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BEFORE WE WATCH...

- ▶ Content could be sensitive for some viewers
- ▶ At the end of life
- ▶ Food for thought





WHAT REALLY MATTERS AT THE END OF LIFE

TEDTalk by BJ Miller

Thoughts? Takeaways?

- ▶ “Make life more wonderful and not less terrible.”



What matters to you?

Family, friends, time, money, health, goals, love, purpose



Questions?

