Achieving Our Professional and Personal Goals: Asking & Helping

Charles Boehmer, Eric Smith, Kate Gannon, Kien Lim, Vladik Kreinovich
kienlim@utep.edu
Purpose

● What goals do you have for your professional career and/or helping UTEP advance in its mission?

● What we seek to accomplish in this ignite session is a discussion about how to think about achieving our goals by avoiding isolation and working with others.

● Let us see how we can apply the video by Barbara Sher to our professional circumstances and location.
An Ignite Session

- Welcoming & Purpose
- Barbara Sher’s Idea
- Groups of 3 Discussion
- General Audience Discussion
- Future Plans
Barbara Sher’s Idea

● Who is Barbara Sher?
● How to get what you really want?
● A short video clip

https://youtu.be/H2rG4Dg6xyI?t=1110
1. Invitation: “What is your goal?”
   “What are your obstacles?”

2. Process: One Client with 2 Consultants
   A  Client shares goal
   B  Consultants ask clarifying questions & give advice
   C  Client-consultants dialogue

3. Change roles
Participation and Interaction, avoiding isolation

Participating in collective activities allows for interactions that:

- help identify and remove barriers to our goals, by having others help us learn, hone, and adapt
- important in finding mentors, sponsors, and networking generally
- such connections to others may lead to opportunities that are good for the collective, such as the UTEP community, helping ourselves with our own goals
- this may lead to more opportunities than one would be afforded if one is isolated from others
- what we often achieve is done so by standing on the shoulders of our peers, mentors, colleagues, friends, and family
How This Process Helps: General Audience Discussion

It feels good:

● to know that others are eager to help you;
● to learn that you can be of help to others;
● to realize that you are not the only one struggling with your problems

How this process helps:

● the very need to share your goals and obstacles makes us formulate them clearly to ourselves, and this helps to solve these problems;
● it often helps to get different perspectives on your problems;
● knowing how others succeeded in similar situations helps;
● you also learn what did not work, so you can select and combine the most successful strategies and avoid problematic ones.
This process also helps:

- an advice from someone outside your discipline is often helpful, especially for interdisciplinary problems;
- to learn about how results from your research area are used in other areas -- e.g., how math is used in biology;
- this knowledge can lead to new collaborations,
- this knowledge also helps better motivate students in your classes;
- even when you do not immediately get helpful advice, you often learn how to look for someone who can help.
• Kindness at UTEP - an informal group of faculty and staff interested in promoting kindness on campus

• An example of a statement promoting a culture of care that can be included in our syllabus.

UTEP espouses a culture of care and excellence. In this course, I strive to model kindness and do my best to support your learning while maintaining high expectations and learning outcomes.
THANK YOU