

2025-2026 ECAP WORKSHOP SCHEDULE

Self, Time, & Project Management
Thursday, October 9
AUD 210
Noon – 1:30 p.m.

Faculty workload, duties and responsibilities are diverse and can become overwhelming. Time is a finite resource; over-commitment and multitasking adversely affect work quality, and lead to burn-out. This workshop explores principles of how to develop or re-discover the underlying purpose of your work and prioritize your goals and commitments to best support it. Learn practical tips and tools to optimize your time management and apply them to your unique workload.

Specific Aims Review
Thursday, November 6
Rood Family Pavilion B
Noon – 1:30 p.m.

Have your specific aims critiqued by experienced NIH reviewers using a mock study section format. Learn what really goes on during grant review and get critical feedback to improve your grant and chance for getting funded. This workshop is appropriate for applications to any funder, including internal funding opportunities.

Promotion & Tenure
Thursday, December 11
Rood Family Pavilion A
Noon – 1:30 p.m.

How to build your portfolio year-by-year by clearly understanding promotion metrics, strategizing priorities, and meeting yearly expectations. Learn the skills, experiences, and achievements necessary to advance from Assistant to Associate Professor and have an opportunity to voice questions (and concerns) directly to P&T leadership.

Public Speaking
Thursday, February 12, 2026
Rood Family Pavilion B
Noon – 1:30 p.m.

Focus on the Quick Pitch! Learn how to prepare and present succinct and compelling presentations to increase audience impact.

Specific Aims Review 2.0
Thursday, April 2, 2026
AUD 210
Noon – 1:30 p.m.

Grant submission remains our key source of research funding, thus we have two workshops per year dedicated to specific aims (SA) review. SA pages will be critiqued by experienced NIH reviewers using a mock study section format. Learn what really goes on during grant review and get critical feedback to improve your grant and chance for getting funded. This workshop is appropriate for applications to any funder, including internal funding opportunities.

Conflict Resolution & Negotiation Skills
Thursday, April 30, 2026
AUD 210
Noon – 2 p.m.

Successfully navigating a career in biomedical research requires negotiation skills that can be learned, and this is particularly true for conflict resolution. Work with a conflict resolution specialist and participate in real-time negotiations with trained actors to optimize your negotiation strategies.

True Grit & Joy: Survival strategies in times of scarce resources
Thursday, May 7, 2026
In-Person TBD
Noon – 1:30 p.m.

Learn strategies to maintain a positive outlook, research productivity, and personal satisfaction in a time of increasing work stress and scarce resources.

Sign up!

