



UNIVERSITY OF ALABAMA AT BIRMINGHAM 2020 ENGAGEMENT WITH NCFDD

The NCFDD’s Institutional Membership offers faculty, postdocs, and graduate students unlimited access to the NCFDD’s online resources. These resources, developed by the NCFDD or in conjunction with our faculty and administrative partners, have the mission to support the career progression and transitions of faculty. The following report highlights key aspects of **University of Alabama at Birmingham’s** engagement with the NCFDD.

MEMBERSHIP OVERVIEW

- **476** sub-account members
- **1,439** active sessions in 2020¹

MEMBER BREAKDOWN

BY GENDER		BY RACE		BY TITLE	
Women	68.9%	Asian	12.8%	Professor	13.9%
Men	28.2%	American Indian/Alaskan Native	0.2%	Associate Professor	21.6%
Undisclosed	2.9%	Black or African American	18.9%	Assistant Professor	32.6%
		Hispanic, Latino or Spanish	3.6%	Research/Teaching Staff	8.6%
		Middle Eastern/North African	1.1%	Postdoc	5.7%
		Multiracial	2.1%	Graduate Student	7.4%
		White	49.4%	Administrator & Staff	10.2%
		Undisclosed	11.9%		

CORE CURRICULUM

Our Core Curriculum is a series of webinars based on empirical research and focused on the skills necessary to “Thrive in the Academy,” defined as having extraordinary writing/research productivity as well as a full, healthy work-life balance.

- Faculty members are taking advantage of the Core Curriculum offerings. The most popular Core Curriculums at **University of Alabama at Birmingham** in 2020 were:
 - *How to Align Your Time with Your Priorities*
 - *Every Semester Needs a Plan*
 - *Overcoming Academic Perfectionism*

¹ An active session involves someone using and engaging with the NCFDD’s membership.



GUEST EXPERT WEBINARS AND MULTI-WEEK COURSES

We offer webinars designed to meet the needs of faculty, postdocs, and graduate students, either via 60- to 90-minute Guest Expert Webinars or over a series of interactive, online Multi-Week Courses. These professional development sessions focus on member-requested topics, including wellness, tenure, writing, publishing, and the “big questions” of purpose and passion.

Guest Expert Webinars

- The most registered Guest Expert Webinars were:
 - *Resting to Rise: Reduce Burn Out, Find Your Joy for Writing and Life, and Create a Just Academia*
 - *Women’s Brain Health at Midlife: What Does Menopause Have to Do with It?*
 - *How to Manage Chronic Illness and Academic Life*

Multi-Week Courses

- Faculty members are enrolling in Multi-Week Courses, including:
 - *Preparing Tenure and Promotion Materials*
 - *From Project to Publication — The Art of Manuscript Revision*

14-DAY WRITING CHALLENGE

The 14-Day Writing Challenge is an opportunity to experiment with daily writing in a supportive environment using our custom-developed WriteNow software. During the Challenge, faculty and graduate students write for at least 30 minutes every weekday for two weeks as part of a supportive, accountable community.

- In total, **119** faculty and graduate student members registered for the 14-Day Challenge
- In 2020, **39** registrants wrote for **7,028** minutes in all 14-Day Challenge sessions

FACULTY SUCCESS PROGRAM (FSP)

The Faculty Success Program is for tenure-track and tenured faculty looking for the perfect combination of empirically tested methods to increase research and writing productivity through intense accountability, coaching, and peer support and to propel their work-life balance and personal growth to a whole new level.

- In total, **21** faculty members have participated in FSP, including **7** in 2020
- **65** faculty members have registered for FSP Alumni² overall, including **26** in 2020

² An alum can register multiple times for FSP Alumni. As a benefit of institutional membership, alumni have free access to all sessions of FSP Alumni.

2017 – 2020 FACULTY SUCCESS PROGRAM SURVEY
UNIVERSITY OF ALABAMA AT BIRMINGHAM



OVERALL SATISFACTION

Participants at **University of Alabama at Birmingham** were asked, “How would you rate your overall satisfaction with the Faculty Success Program?” and 95% of respondents reported that they were satisfied.



BETTER WORK-LIFE BALANCE

Faculty at **University of Alabama at Birmingham** reported better work-life balance after completing the Faculty Success Program. 95% of participants responded positively when asked, “How would you describe your work-life balance NOW in comparison to when you started the Faculty Success Program?”



IMPROVED WRITING PRODUCTIVITY

When participants at **University of Alabama at Birmingham** were asked, “How would you describe your writing and research productivity NOW in comparison to when you started the Faculty Success Program?”, 100% of respondents reported an increase.



SMALL GROUP COACH SATISFACTION

Participants responded with 95% satisfaction at **University of Alabama at Birmingham** when asked, “How would you rate the performance of your small group coach?”

2017 – 2020 FACULTY SUCCESS PROGRAM SURVEY
ALL PROGRAM PARTICIPANTS



OVERALL
SATISFACTION



BETTER WORK-
LIFE BALANCE



IMPROVED WRITING
PRODUCTIVITY



SMALL GROUP COACH
SATISFACTION

NOTES:

- Information for University of Alabama at Birmingham is based on data from the Faculty Success Program end-of-program survey for all sessions in 2017, 2018, 2019, and 2020.
- Information for all Faculty Success Program Participants is based on data from the end-of-program survey for the same period. 4,437 participants responded to the survey.
- Survey results for single institutions as compared to the larger FSP population will have greater variability.