Organizational Skills

Jeanette Wheeler
Sr. GME Fellowship Coordinator
Saint Luke's Mid America Heart Institute
University of Missouri-Kansas City

Disclosures

• I have no conflicts of interest to report

Challenges

- Handling multiple projects
- Feeling overwhelmed and where to get started
- Getting to your goal

No System in Place

- Information routinely missing
- Not meeting deadlines
- Last minute jobs
- Purchasing items you do not need
- Paper explosion



PHOTO: GET

System for dealing with Paper Explosion

- Prioritize
 - You determine what is a priority
 - Others believe their projects are top but you know what is truly the priorities
 - Let some things wait
 - Mail, copies, phone call backs, etc

System for dealing with Paper Explosion

- Plan
 - Master to-do-list for today, next week, next month, next year, etc
 - Put in Outlook calendar w/deadlines and reminders



System for Getting Organized

- Sort and set in order
 - Low priority (once or a few times/year)
 - Average priority (once per month)
 - High priority (daily or weekly)

Set in Order

• Get those high priority items on your radar

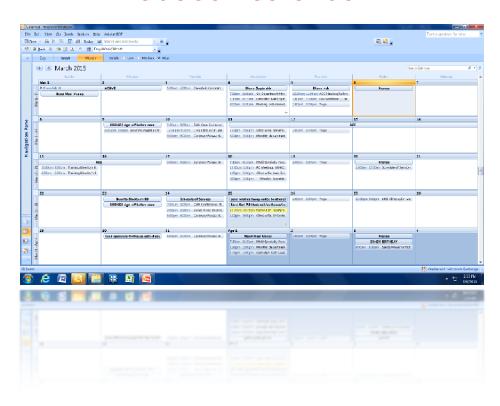


Utilize a System

Master to-do list



Outlook Calendar



Standardize

Simplify your work life (and home life)

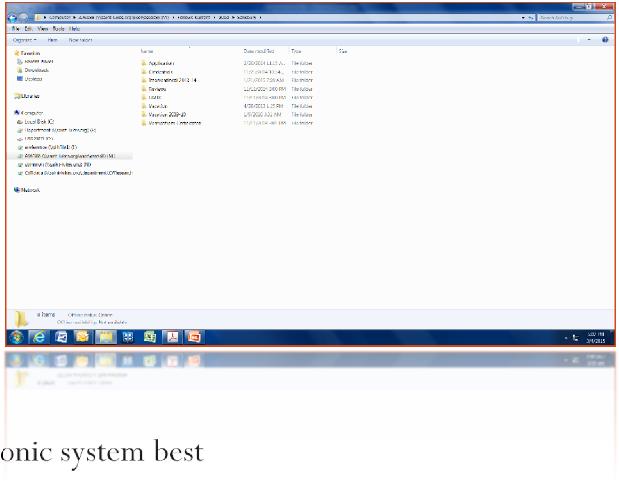


- System to keep work simplified
 - Create a personalized plan (timelines, check sheets)
 - Use a variety of desktop organizers

Standardize

Color code your paper filing system — keep it simple and manageable but well organized

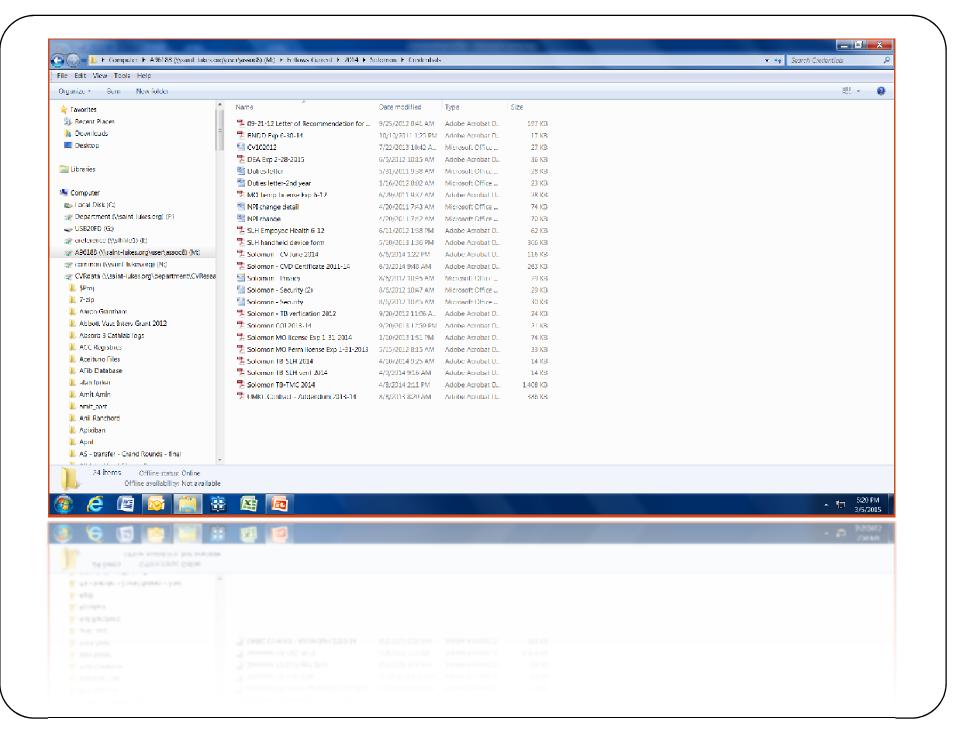




- Electronic system best
 - No better time to start than now
- Keep up with your filing.

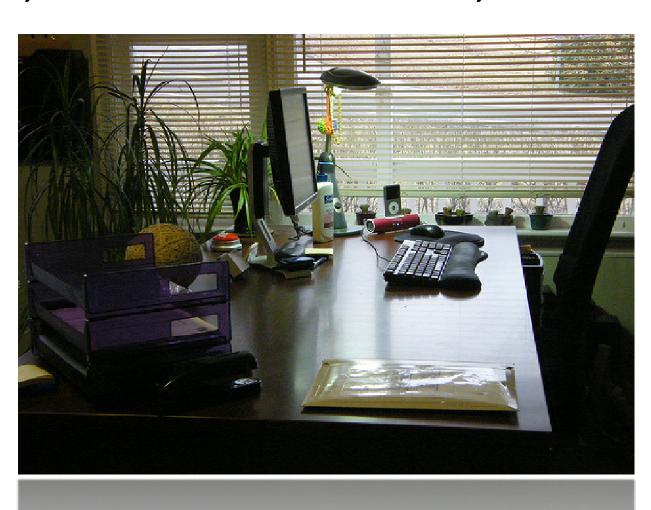
Example of Electronic Fellow File

- Application
- Credentials
 - Licensure, DEA, COI's, BLS/ACLS, HIPPA training, TB, etc
 - The file is downloaded on their thumb drive when ready to graduate
- Vacation
- Funds
- Verifications



Shine

• Clean your work area at the end of each day



• Be proactive rather than reactive



Everything has its Home

- Eliminates lost items
- Saves time locating later
- Eliminates clutter

Saying "no"

- Do what you can manage but no more
- Be open that you may not have time to take on more right now
- Ask for help

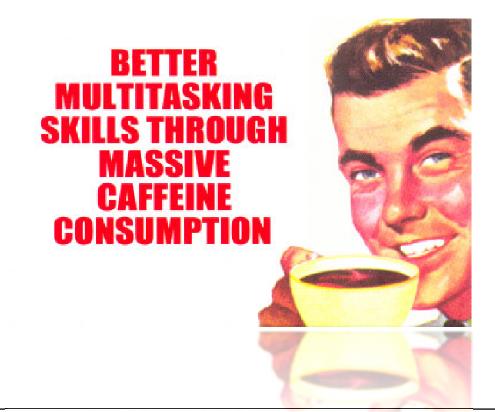
Multi-Task

- Open incoming mail at the recycle bin
- Choose tasks which are routine, familiar, or fluent to multitask
- Work at a pace you can sustain. Take breaks when needed



Peak Energy

- Are you a morning or afternoon person?
- Use your peak energy time to tackle the big jobs



Break down Big Tasks

- Orientation
- Interviews
- Annual Program Reviews
- CCC meetings

Prioritizing your Time

- Reevaluate your time
- Repeatedly not always best