



## URNeuroStory: Introduction and Instruction

Early in the planning stages of the 50<sup>th</sup> Anniversary of the Department of Neurology at the University of Rochester, a great number of ideas came up for discussion. It was suggested and ultimately emphasized that “this celebration is not one person or one history; it is a celebration of all who have participated in any way to these past 50 years, All of us have had a part in building the mosaic that is represented by this 50 year landmark.

If you listen to National Public Radio, you have likely heard broadcasts of “StoryCorps”. These are short recordings of a piece of an individual’s life experience recorded and then stored at the Library of Congress. These stories demonstrate how we are all connected and woven into the fabric of our culture. You can google “StoryCorps” and sample some of these brief records.

The concept of “URNeuroStory” follows these same principles. We hope to create a picture of how the 50 years were spent and what all of these efforts have created. Each of us has a story or an experience or a reflection to share. Now is the time!

It is not difficult. We will collect the audio stories from all of us, then catalogue and store them in order to make them available to all through a website (<https://www.urmc.rochester.edu/neurology/neurology-50/ur-neuro-story.aspx>). Each recording will be 3 to 5 minutes in length.

So, just follow these easy steps:

1. Look over the list of conversation starters or ideas.
2. Settle on an idea or story you would like to share. It would be pretty boring if we all said the same thing. You cannot write your autobiography in a 3 minute recording. Just aim for an interesting vignette, remembrance or message that you think would appeal to others.
3. Don’t write out a script and try to read it aloud. It would be better to simply jot down the ideas or thoughts you would like to cover. Then try to link together your ideas to express your thoughts in a conversation aimed at the big audience.
4. Try giving your performance to someone else; like you were having a conversation. You could ask another person to “interview you” with a series of questions. Basically choose your own format. Keep the recording length to 3 to 5 minutes. Avoid dead air space.
5. iPhone and Android phones have a built in recording device with a timer. Windows 10 also has a recording facility with a timer (look under “apps” and choose “voice recorder”). For iPad download a free app called “My Memos”. Apple computers also have a built in voice recorder. All are relatively easy to use and can be sent over the internet. After you do your recording; listen to it. If not satisfied, try again.
6. Email your recording to [URNeuroStory@urmc.rochester.edu](mailto:URNeuroStory@urmc.rochester.edu).

7. Email the demographic form to [NeurologyAlumni@urmc.rochester.edu](mailto:NeurologyAlumni@urmc.rochester.edu).
8. Are you curious regarding how our URNeuroStory mosaic is coming along? Check out the website at <https://www.urmc.rochester.edu/neurology/neurology-50/ur-neuro-story.aspx>.
9. Problems: Call or email Jerry Honch (home: 585-461-1038; cell: 585-490-8112; email: [gerald\\_honch@urmc.rochester.edu](mailto:gerald_honch@urmc.rochester.edu))

**As part of our 50<sup>th</sup> celebration we would like to hear your stories about the department, faculty, or what you learned while with us or what you have done with your knowledge. Here are some suggestions to stimulate the conversation. Use the ones you like, amend or change them to suit your purpose, and feel free to explore what you would like to share or think others might like to hear.**

- Who has been the biggest influence on your career? Why? How?
- Any funny stories that come to mind regarding your career, especially at UR?
- What is your proudest career moment?
- If you could hold on to one memory from your career forever, what would that be?
- What would you want your children/grandchildren to know about you and your career?
- If you could interview anyone from your career, who would it be and why?
- What motivated you on the long career path that you chose to take? A person? A dream? Was this a single powerful event/person or a series of events/persons?
- What do you recall of your early days of training at UR?
- Any advice for a trainee of today? You have been there and done that? What are the pitfalls, pleasures, key factors to look out for?
- If you could do it again, what direction would you take?
- What did you think your career in Neurology would be like and was it?
- What doors did your career in Neurology open? How did that happen? Was it the right person, place or event that changed the shape of your career?
- Was there a person, teacher, role model that made the difference for you? Who was that person? Did you ever tell them or thank them? How about now?
- What is your favorite story from your years of training? Could be a positive story or a negative one or both.
- What are the lessons in life that your career in Neurology has taught you? Private lessons or universals.
- Did your training in Neurology lead you to an alternate career path? How did that happen? Was it a good diversion or not?
- If you could change careers now; what would you choose and why?
- Will you ever retire? If yes, when? If no, why not? If you are retired, what led you to that decision and are there any regrets?
- Have you or a loved one been seriously ill? If so, how has that impacted on your life?
- Remembering:
  - What was your relationship to \_\_\_\_\_?
  - Tell us about \_\_\_\_\_?
  - What about your Neurological training makes you smile?

