



## How To Conference

CORD Academic Assembly 2019  
Seattle, Washington  
#HTCORD19

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Goal: To provide tips and tricks for maximizing your learning, time and opportunities when attending academic conferences.

### Make Time to Learn/Work

- Get to know the conference format
- Remember the pre-conference days
- Attend with intent
- Check in and set expectations with your home team (institution, family/friends)

### Make Time for You

- Take Mental Breaks
- Integrate your Normal Routine
- Take time to recharge

### Make Time to Network

- Take advantage of the scheduled networking opportunities
- Ask a veteran for assistance in making new connections
- Find people with similar interests
- Meet your new team

### Make Time to for your Squad

- Bond with your colleagues
- Include your residents
- Reach out to your alumni
- Plan early

## HOW TO CORD BINGO

Please join us in playing CORD Bingo! Same idea as the community center favorite but each block highlights something you can do to take advantage of our recommendations here at CORD. You have already achieved your "free space" just by attending our session. Please pick up a card before heading out! Bingo CARD submission is rolling until the very end.

### Ways to Win A Prize

Cross (X): 1<sup>st</sup> winner

Vertical: 1<sup>st</sup> winner

Spell BINGO (horizontal): 1<sup>st</sup> winner

Blackout: Any winner

You must #hashtag your experience to #HTCORD19 in either Twitter or Instagram to get credit!

Return to:

Jason Wagner - Navigating Academic Waters Co-Chair (314-629-4066)

Collyn Murray - Conference Attendee (336-338-1551)



The image shows a CORD BINGO card template. At the top, the title "CORD BINGO" is written in large, bold, dark blue letters on a teal background. Below the title is a 5x5 grid of light blue squares, each containing a task. The tasks are: Row 1: Thank a CORD Administrative Assistant, Attend a Safari Dinner, Introduce yourself to a CORD leader, Autograph from past/present CORD President, Go out with Your Squad; Row 2: Attend PD Horror Stories Sessions, Attend Track Planning Meeting, Become a Mentee, Attend Closing Reception, Ask Question 1-on-1; Row 3: Plan a Follow Up Meeting, Attend a CORD Committee Meeting, Attend "How to Conference" Session, Become a Mentor, Thank a Conference Chair; Row 4: Autograph from CORD Board Member, Visit the Original Starbucks, Attend a Poster Session, Attend Best of the Best Session, Attend at Least 1 Session in each CORD Track; Row 5: Meet up with an Old Friend, Participate in Fun Run, Ask a Question During a Session, 100% Me Time, Meet up with a New Friend. At the bottom right of the grid, the website "myfreebingocards.com" is printed in a small, dark font.

Thank a CORD Administrative Assistant	Attend a Safari Dinner	Introduce yourself to a CORD leader	Autograph from past/present CORD President	Go out with Your Squad
Attend PD Horror Stories Sessions	Attend Track Planning Meeting	Become a Mentee	Attend Closing Reception	Ask Question 1-on-1
Plan a Follow Up Meeting	Attend a CORD Committee Meeting	Attend "How to Conference" Session	Become a Mentor	Thank a Conference Chair
Autograph from CORD Board Member	Visit the Original Starbucks	Attend a Poster Session	Attend Best of the Best Session	Attend at Least 1 Session in each CORD Track
Meet up with an Old Friend	Participate in Fun Run	Ask a Question During a Session	100% Me Time	Meet up with a New Friend

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