How To Conference
Education, Networking, Families & Fun
CORD Academic Assembly 2020
New York City, New York
#HTCORD20

Jason Wagner, MD & Collyn T Murray, MD
Washington University in St Louis
St. Louis, MO

Kathleen Stephanos, MD
University of Rochester
Rochester, NY

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

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 for Your Family
- Set expectations with and for your family
- See what the conference has to offer
- Plan for time with and without you
- Stay flexible

Make Time for You
- Take Mental Breaks
- Integrate your Normal Routine
- Take time to recharge

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. Your 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): 1st winner
Vertical: 1st winner
Spell BINGO (horizontal): 1st winner
Blackout: Any winner

You must #hashtag your experience to #HTCORD20 in either Twitter or Instagram to get credit!

Return to:
Jason Wagner - 314-629-4066
Collyn Murray - 336-338-1551