## Swimming with the Sharks: How to Leverage an Academic Meeting as Junior Faculty

Sunday, April 22<sup>nd</sup> 8:45 AM - 9:15 AM James Ahn – University of Chicago Megan Fix – University of Utah

Leveraging an academic meeting can advance and accelerate your role in all facets of academic medicine. We will discuss individual stories of how this is apparent in:

- research
- leadership
- program administrative roles

Three common themes

- 1. Self-Reflection and goal setting
- 2. Leave your comfort zone
- 3. Follow through

In order to make the MOST of an academic meeting you need to:

- 1. Ditch your old mentality
- 2. Realize you are not an imposter
- 3. Realize that academic "stars" are just like you

Practically speaking, during the 2018 AA we challenge you to:

- Commit to meeting new people
- Commit to speaking up
- Commit to volunteering

Breakout sessions at the end for mentoring in these three areas. Please feel free to contact us:

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