

# 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): 1<sub>st</sub> winner Vertical: 1<sub>st</sub> 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

CORD BINGO				
U	UIN	ועע	NU	J
Plan a Follow Up Meeting	Attend at Least 1 Session in each CORD Track	Have some Family Time	Autograph from past/present CORD president	Go out Your Squad
Attend a CORD Committee Meeting	Attend a Night on Broadway	Become a Mentee	Attend PD Horror Stories Sessions	Ask a Question 1-on-1
Participate in a Fun Run	Attend a Safari Dinner	Attend "How to Conference Session"	Become a Mentor	Thank a CORD Administrative Assistant
Autograph from CORD Board Member	Thank a Conference Chair	Attend a Track Planning Meeting	Attend Best of the Best Session	Attend the Poster Session
Meet up with A New Friend	Meet up with an Old Friend	Ask a Question During a Session	100% Me Time	Introduce yourself to a CORD leader