

FLARE Workshop Program

Thursday, February 4, 2016

TIME	WORKSHOP SESSION
5:30 - 6:00 PM	Registration
6:00 - 7:00 PM	Welcome, Icebreaker, and Dinner
7:00 – 7:30 PM	Finding Your Niche E. Dale Abel, MD, PhD Learn to define your own scientific "niche" and identify the right research and post-doc opportunities.

FRIDAY, February 5, 2016

TIME	WORKSHOP SESSION
7:30 - 8:00 AM	Registration and Breakfast
8:00 – 10:30 AM	Self-Awareness: The Key to Success in Life and Lab Part I Sharon Milgram, PhD Utilizing Emotional Intelligence and the Myers Briggs Type Indicator for self-understanding, development, and career exploration.
10:30 – 10:50 AM	Networking Break
10:50 – 11:30 AM	Individual Career Development Plans: A Strategy for Success Genevieve Neal-Perry, MD, PhD Learn the importance of and tips on developing a strong individual development plan (IDP) based on your individual goals. IDPs provide a structured career development tool that can be used to help identify and monitor short and long-term goals.
11:30 AM - 1:30 PM	Networking Lunch and Group Activity
1:30 – 2:10 PM	Determining Where You Want to Go E. Dale Abel, MD, PhD, Puneet Arora, MD, Cherie Butts, PhD, Yvette Huet, PhD Learn from a panel of speakers about career options in academia, administration, industry and government.
2:15 - 2:55 PM	Transitioning from PhD to Post-Doc Mario Oyola, PhD Gain tips to make the transition after graduation as smooth as possible.
	Optimizing the Transition from Fellowship to Faculty: Secrets from the Other Side – Simon Rhodes, PhD Gain tips to make the transition to a faculty position as smooth as possible.
3:00 - 3:40 PM	CV Development and Interviewing Simon Rhodes, PhD Learn how to build an effective resume/CV and ace an interview.
	Job Search: Strategies for Interviewing and Negotiating – Sherri Ann Burnett-Bowie, MD, MPH Learn how to negotiate in interviews for items such as salary, benefits, lab space, equipment, staff, contract details, and teaching vs. research requirements. Discuss tips on how to deal with the two-body problem.
3:40 - 4:00 PM	Networking Break
4:00 - 4:40 PM	Networking and Collaborations Cherie Butts, PhD Discover ways to reach your goals by making and building relationships with other researchers.
4:45 – 5:30 PM	Mentoring Panel: What, Where and When E. Dale Abel, MD, PhD, Steven Anderson, PhD, Aditi Bhargava, PhD Learn how to select a good mentor, be a good mentee, change mentors with minimal conflict and become a strong mentor to others.
	Evening on Your Own

FLARE Workshop Preliminary Program

Saturday, February 6, 2016

TIME	WORKSHOP SESSION	
7:30 - 8:00 AM	Breakfast	
8:00 – 10:00 AM	Self-Awareness: The Key to Success in Life and Lab Part II Sharon Milgram, PhD Gain insight into managing diverse personalities and resolving conflict within the lab.	
10:00 - 10:20 AM	Networking Break	
10:20 - 11:20 AM	Critique Session (Group Activity) Discuss your personal individual development plans with expert faculty	
11:30 AM - 12:30 PM	Networking Lunch	
12:30 – 1:10 PM	Grantsmanship and the Grant Review Process Stephen Hammes, MD Learn key elements in crafting a strong proposal, review a sample proposal that was funded, and discuss strategies for revising and re-submitting non-funded proposals. Learn to establish independence from your PI and how to initiate discussion with your PI about what projects you can take with you.	
1:15 – 1:55 PM	Writing Science Yvette Huet, PhD Discuss the dos and don'ts of writing your research for publication.	Lab Management Aditi Bhargava, PhD Discuss tips and pitfalls on setting up a lab, core facility access, release time from clinical/teaching duties, recruitment, and time management. This session will also cover tips on sharing information and protecting intellectual property.
2:00 - 2:40 PM	Presenting and Communicating Your Science Steven Anderson, PhD and Sherri Ann Burnett-Bowie, MD, MPH Gain practical tips on speaking with the media and communicating your work to the public	
2:40 – 3:00 PM	Wrap Up and Evaluations	

KEY	Graduate Students
	Post-Doctoral and Clinical Fellows