**Tips for AACAP Annual Meeting 1st Timers**

**Compliments of the Committee on Medical Students and Residents**

**DO:**

**Introduce yourself** clearly and succinctly when starting any conversation, and keep your name tag easily visible on your chest.

**Sign up to Monitor!** It’s a great way to help out our organization, attend the meeting for free, learn about the various events going on at the meeting, and sit in on amazing (and often sold-out) talks that you would otherwise have to pay full ticket prices to attend!

**Participate in the Mentorship Program!** There are many great mentors every year. Plus, it’s a good opportunity to network on a more personal level. This is where you get the DL and learn about the hidden details about the field, program or job that places you at an advantage to your peers who didn’t come!

**Ask folks about program-specific receptions!** It’s a wonderful way to network, and especially crucial if you are or will be applying to that competitive program! Plus, it’s a lot of fun!

**Do stay at the conference hotel if you can!** Share a room with friends to cut the cost. The many advantages of being in the same building as the conference far outweigh the few bucks staying offsite. And book your hotel room EARLY! It does sell out!

**Bring comfortable shoes!** You’ll very likely be on your feet most of the day, walking or standing around talking to folks. So, make sure you’ll be comfortable, feeling your best during important conversations, and not going home with blisters!

**DON’T:**

…clip your name tag on your on belt, waist line, or other obscure area. Do you really want the AACAP president, or your future program director or boss looking anywhere near your crotch to find your name?!

…offer a flimsy handshake, or grip so hard you crack the other person’s knuckles. A firm, but not overly aggressive handshake immediately sends a positive first impression of you!

…be shy about approaching Attendings, Program Directors, or “the Bigwigs.” AACAP members are extremely nice and welcoming. Those “BigWigs” are often looking forward to meet and chat with bright young minds like you!

…be late to popular sessions. Most “high yield” talks fill up quickly, so you might want to come 10 minutes early. But it’s also okay to pop in and out of talks – just be a little discreet about it!

…try to attend every talk! It’s impossible! As amazing as it is, the Annual Meeting is way too large to do all at once! Try to prioritize a few of your most exciting and educational talks, with a few important networking sessions, so you can still save time for some fun and enjoy the city!

…forget to BRING YOUR BUSINESS CARDS!! The AACAP Annual Meeting is one of the best opportunities to network in our field! Use your business cards to remind important folks of who you are, or to write down their contact info in case they run out of their business cards to give you.