

MITE Monthly Tip
March 2023
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Maximizing the Academic Conference Experience: Tips for Your Career Toolkit

It is hard for many who attend large academic conferences on how to maximize one's time. Often there are several lectures, and events occurring at once and participants may feel overwhelmed by how to best utilize their time. Some strategies including in this brief podcast below include the following:

- Pre-conference preparation is key. Most conferences list their agenda well in advance and offer online platforms where you can create a unique agenda based on topics that interest you most. Make sure if you are presenting you know those times well in advance so it doesn't conflict with other networking, lectures, and other agenda items you may be interested in.
- Active engagement when you are attending lectures. Try to create breaks in your schedule to decrease academic overload.
- Re-review. Try to take notes you can review once you are done with the conference so you can further retain what you learned.

The resource for an in-depth listen easy for one's car ride:

Listen on Apple Podcasts: <https://podcasts.apple.com/us/podcast/maximizing-the-academic-conference-experience-tips/id1525596962?i=1000565689953>