

Monday, November 13, 2023

Zoom Passcode for all sessions = SHSNov2023

12:00pm – 1:00pm	<p>Keynote Presentation: Cultivating Self-Efficacy for Success in the Medical and Sciences Journey Recording Link</p> <p>Track: All Students & Postdocs</p> <p>Keynote Speaker: Jessica M.G. Olson, PhD '15, MPH '17 Assistant Professor, MCW Institute for Health & Equity</p> <p>Cultivating self-advocacy, promoting wellness, and setting boundaries are essential components for success and resilience in any demanding profession. Dr. Olson will share personal examples to highlight how cultivating self-advocacy, promoting wellness, and setting personal and professional boundaries are vital for both individual and team resilience. Join us to explore effective strategies and resources that empower you to embrace your strengths and thrive in challenging academic and professional landscapes.</p>
4:30pm – 8:00pm	<p>Specialty Open Houses Track: Medical School</p>
5:00pm – 6:00pm	<p>Unlocking Your Inner Fires: Navigating Specialty Decision-Making Recording Link</p> <p>Track: Medical School</p> <p>Speakers: Elizabeth M. Hovis, MD; Carly O'Donnell, MKE M4 Student; Evanka Annyapu, MKE M2 Student</p> <p>Making the choice of a medical specialty is a pivotal moment in your journey. This session aims to provide you with the tools, perspectives, and considerations necessary to make an informed decision that aligns with your passion, skills, and career aspirations.</p>

Tuesday, November 14, 2023

12:00pm – 1:00pm	<p>Micro-Moments of Self-Care Recording Link</p> <p>Track: All Students & Postdocs</p> <p>Speaker: Kerri Corcoran M.S., LPC, CSAC MCW Student Behavioral Health and Resource Navigator</p> <p>The problem with most attempts to adopt self-care routines is that they require time, effort and planning. The reality for MCW learners is that they are often too physically and mentally depleted by the end of the day to initiate activities to reduce stress in their lives. A possible intervention is to inject multiple "micro-moments" of self-care, which only take a few minutes. Attend this session to learn how to incorporate daily micro-moments of relaxation to reduce stress and interrupt the steady escalation of stress.</p>
12:00pm – 1:00pm	<p>How to Choose a Specialty Recording Link</p> <p>Track: Pharmacy School</p> <p>Speakers: Zachary Pape, PharmD, BCACP; Eileen Shannon, PharmD, MS, BCCCP; Zach Hovis, PharmD, BCACP; Bonnie LaTourette, PharmD, BCPS</p> <p>Attend this session to learn about the steps you can take to prepare yourself as an aspiring specialty pharmacist. This session will discuss post-graduate pharmacy training opportunities, current specialty areas and where your values and interests might fit, and unique patient care opportunities available to specialized clinical pharmacists.</p>
4:30pm – 6:00pm	<p>Specialty Open Houses Track: Medical School</p>
6:00pm – 7:00pm	<p>Residency Program Director Panel</p> <p>Track: Medical School</p> <p>Specialties Represented: Dermatology, Emergency Medicine, Family Medicine, Internal Medicine, Internal Medicine/Pediatrics, Neurology, OB/GYN, Ortho. Surgery, Otolaryngology, Pathology, Psychiatry, Radiation Oncology, Urology, Surgery, Pediatrics</p> <p>Attend this session to learn the ins-and-outs of the residency interview process, interview essentials, and ranking strategies. Panelists will discuss how to best prepare for the interview process, when to send interest letters, how to prepare appropriate questions and expected etiquette, how programs evaluate candidates, and more.</p>
6:00pm – 7:00pm	<p>Achieving Work-Life Balance in Grad School Recording Link</p> <p>Track: Graduate School</p> <p>Panelists: Autumn Hamilton, G3 Student; Sarah Krechel, G3 Student</p>

	Join us for an engaging and insightful session focused on achieving work-life balance during the demanding journey of graduate school. A student-led panel will share their insights and offer valuable advice on harmonizing academic excellence with personal well-being. Together, let's unlock the secrets to a fulfilling and successful graduate journey.
7:00pm – 8:00pm	Specialty Open Houses Track: Medical School

Wednesday, November 15, 2023

12:00pm – 1:00pm	<p>Link Your Way Up: Personal Branding and Networking Strategies for Success Recording Link</p> <p>Speaker: Natalie Lundsteen, PhD Assistant Dean for Student Affairs, Burnett School of Medicine at Texas Christian University</p> <p>Track: All Students & Postdocs</p> <p>An important but often overlooked part of your job or residency search strategy is creating and maintaining an online presence. This session will cover general strategies for developing a professional social media identity, along with ideas for marketing yourself throughout your job or residency search, with primary focus on LinkedIn and Twitter/X.</p>
4:30pm – 8:00pm	Specialty Open Houses Track: Medical School
5:00pm – 6:00pm	<p>Life After PharmD: Alumni Panel Recording Link</p> <p>Panelists: Track: Pharmacy School</p> <ul style="list-style-type: none"> • Amber Patt, PharmD '22 Clinical Toxicology Fellow at The Georgia Poison Center • Christopher Tran, PharmD '20, MBA Investigator/Regulatory Officer at FDA, Office of Regulatory Affairs • Dominika Krynicka, PharmD '20, MHA Consultant at Visante • Erik Everton, PharmD '20 Senior Clinical Scientist at Merck • Kaitlin Ledvina, PharmD '23 PGY1 Acute Care Focus Pharmacy Resident at Froedtert & MCW • Shay Groth, PharmD '23 PGY-1 at Children's Wisconsin <p>When it comes to the pharmacy industry, there are endless career specialties! Learn from a fabulous group of MCW alumni on how you can prepare yourself to launch a successful career and stand out as a future candidate.</p>
6:00pm – 7:00pm	<p>Graduate School to Real World: Alumni Panel Recording Link</p> <p>Panelists: Valerie A. Wagner, PhD MCW Research Scientist I; Melissa Whyte, PhD '22 AbbVie Postdoctoral Research Fellow; Hannah Nonarath, PhD '23 MCW Postdoctoral Research Fellow Track: PhD Students & Postdocs</p> <p>Join us for a panel discussion featuring recent PhD alumni who have successfully navigated the transition from graduate school to the professional world. Receive valuable guidance and insights on launching your career with confidence and dive into the enduring question: How do I choose between academia, industry, or the public sector?</p>

Thursday, November 16, 2023

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12:00pm – 1:00pm	<p>Mastering MCW Qualifying Exams</p> <p>Track: Graduate School Location: MKE Campus <i>*Lunch provided and pre-registration required.</i></p> <p>Dive into a comprehensive introduction to MCW qualifying exams in this engaging session. Connect with department representatives and fellow peers in small group discussions, where you'll receive invaluable guidance and insider tips on how to conquer this pivotal milestone on your PhD journey. Plus, enjoy a complimentary lunch!</p>
12:00pm – 1:00pm	<p>Empowering Future Physicians: Driving Success in Medical School, USMLE and Beyond Recording Link</p> <p>Speakers: Cheryl Crawford, MS, MA; Molly Falk-Steinmetz, MS; Marisa K. Tobes, MKE M4 Student; Justin York CW M3 Student; Athena Dong, MKE M4 Student; Max Goodman, MKE M4 Student</p> <p>Track: Medical School</p> <p>During this session, MCW's Academic Support & Enhancement team will provide a brief overview of USMLE resources and support available to students, followed by a student led panel. You'll gain invaluable insights into how your peers navigated the journey of medical school and USMLE prep. Discover strategies for maintaining well-being, effectively managing stress, and triumphing over challenges during USMLE exams and beyond.</p>
5:00pm – 7:00pm	<p>On-Campus Social & Networking Events!</p> <p>Track: All Students & Postdocs Location: MKE, GB & CW Campuses <i>*Participation is capped. Be sure to register!</i></p> <p>Join your peers for an evening of fun, relaxation, and networking! Enjoy food and beverages, participate in arts & crafts activities, join a small-group scavenger hunt, and meet students and postdocs across all MCW programs.</p>