Get Ready for National Conference

A meeting for Illinois attendees

July 28, 2020

Illinois Academy of Family Physicians

Objectives

Topics:

Meet your Delegates

Prioritizing your conference time, especially the live time!

How to engage in discussions

How to maximize your exhibit hall experience

Effectively meet with programs and employers

Ask questions and get answers!

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Your Moderator

Audrey Hertenstein Perez, MD
Resident
President
West Suburban

Illinois Academy of Family Physicians

Resident Delegates

Eric Sullivan, MD (NW- Erie) and Stefani Beard, DO (West Suburban)

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Student Delegates

Leah Beth Carter (Peoria) & Nicki Patel (Chicago Medical School)

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Words of Wisdom from Programs

- Natalie Choi, MD - Program Director, Northwestern McGaw-Delnor
- M. Rebecca (Becky) Hoffman, MD – program director of the NEW SIU-Alton FM residency
- Audrey will represent West Suburban
- Farah Chaus, MD from Lutheran General
- Dr. Clements

Illinois Exhibitors you can meet with all weekend long

Advocate Illinois Masonic
Advocate Lutheran General
Carle Physicians Group
Cook County Family Medicine
Loyola MacNeal
McGaw Northwestern Family Medicine at Delnor Hospital
McGaw Northwestern- Humboldt Park
McGaw Northwestern LF
OSF Healthcare
Oak Street Health
Saint Louis U Southwest
Saints Mary and Elizabeth Medical Center
Southern Illinois University (SIU) Decatur Family Medicine Residency Program
SSM Health
UICOM- Peoria FMR
University of Chicago (NorthShore) FMR
West Suburban Medical Center Family Medicine
UIC

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Putting your Best (Virtual) Foot Forward

AAFP Virtual National Conference 2020

Audrey Hertenstein Perez, MD PGY-3

IAFP Resident President

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Virtual Etiquette

- Optimize your Environment
  - Designate an environment that is quiet and away from distractions
    - Arrange care for children/pets if possible
  - Make sure your background is neutral/free of clutter
    - Tidy up the room you will be using
  - Check your lighting (Avoid glare from windows)
  - If you do not have a quiet space in your home, consider using a study room at your medical school or local library
  - Silence your cell phone
  - Disable computer notifications
  - Close other windows on your computer screen not relevant to the conference incase you need to share your screen

Virtual Etiquette

- Test the Technology
  - Ensure your webcam and microphone are working
  - Ensure your internet connection is reliable
    - If you do not have a reliable internet connection at home, ask your medical school to use a study room for the conference
  - Ensure your laptop charger is nearby
  - If the video conference requires a profile photo, ensure your photo is professionally appropriate
  - Do a test run if feasible
  - Have a back-up plan if technology fails such as providing your phone number

Virtual Etiquette

- Dress the Part
  - Dress professionally as you would for the in-person conference
  - Consider an outfit that stands out well from the background
  - Use a stationary chair to avoid distractions of a swivel chair
  - Promote eye contact!
    - Angle your camera slightly downward
    - Look into the camera when responding to questions
  - Listen attentively and be mindful of your body language

Virtual Etiquette

- Be Flexible
  - Technology will inevitably present difficulties, try to stay calm and go with the flow
  - Be flexible and forgiving
  - Ensure you have the proper link
  - If your audio isn't working, consider dialing in with a telephone for better connection
  - Discuss rescheduling a time if the technology issues cannot be solved

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Virtual Etiquette

- Be Prepared
  - Research the program you are meeting with ahead of time
    - Clicking around on the website while you are talking can be distracting
    - Have notes available for easy reference
  - Inform the representative if you are taking notes
    - That way if you look down to write on pen and paper or are typing they will know you are still engaged
  - Come prepared with your questions
    - Ask about genuine interests of yours
    - Ask about things that need clarification from the website
  - Make a connection over common interests
  - Be yourself
  - Follow-up after the conference

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References

- https://thalamusgme.com/top-5-video-interviewing-tips-for-residency-and-fellowship-programs/#:~:text=Designate%20a%20specific%20location%20where,and%20blur%20background%20features%2C%20respectively.
- https://online.hbs.edu/blog/post/virtual-interview-tips
- https://www.aamc.org/system/files/2020-05/Virtual_Interview_Tips_for_Medical_School_Applicants_05142020.pdf

Kaitlin Dillon

- Meeting with Employers
- Preparation and Interaction!

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Family Medicine Midwest

The Flexibility of Family Medicine in a Changing World

November 13-15, 2020

Virtual Event! Learn more

www.fmmidwest.org

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Family Medicine Midwest

Apply for a Scholarship Deadline Sept. 27

- Covers $50 registration
- Online form at www.fmmidwest.org
- Check your calendar and block of the dates.
- AAFP Membership required
- Must attend a Midwest Medical School

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Please share with your fellow students and residents

- The Midwest version of National Conference
- Inspiring plenaries showcasing Midwest Family Medicine
- Residency fair filled with Midwest Family Medicine Programs
- Career Corner with Midwest career opportunities
- Connect and continue the conversations you start here at National Conference.
- Contact: Ginnie Flynn, Illinois AFP (She's a AAFP NC attendee! Find her in the conference platform)

Family Medicine Midwest

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