

GSA Tips

Since participation in the GSA meeting is really a leadership opportunity in itself, here are some tips for getting the most out of the meeting:

- Attend sessions in your area of interest, a related/complementary area, and in an area that's completely new-new information; the latter will expand your knowledge but also stimulate creative thinking about conceptual commonalities as well as new ideas about how to present material.
- Try to plan ahead what sessions you will attend. Read through the book when you arrive and strategize. Two sessions you want to attend at the same time? See if a friend/colleague can go to one and you go to the other and then compare.
- Don't overdo it. There are far more sessions to attend than are humanly possible to get to. If you overdo it you won't remember what you've learned or have time (and energy) for networking.
- Ahead of time, email faculty you would like to meet with and ask if they are available for coffee. The GSA is a great forum to connect with potential post-doc opportunities and jobs, as well as collaborators.
- Practice your one-minute elevator version of the answer to "What do you do?" at the social events and round table sessions. These are great opportunities to connect with colleagues.
- If you are presenting, find the exact location as far in advance as possible. Some locations have name that sound alike, and this can be frustrating if you're trying to find it at the last minute.
- If your poster presentation is an extended period of time, ask a friend or colleague to man the site and give you a break. Volunteer to do the same for a friend or colleague if you are not presenting.
- Drink lots of water and don't change your eating habits too much.
- Bring business cards to share with contacts.
- Follow up is essential. If you said you will be sending or emailing someone then try to do so within a week. People will appreciate this and remember you for it.
- Stop by the HGNI Exhibit Booth to meet up with fellow scholars, fellows and alumni.