

# 13<sup>th</sup> Annual First-Year Fellows Retreat October 22-24, 2022 Eaglewood Resort

Agenda as of 10/19/2022

## Saturday, October 22, 2022

2:30 pm – 3:30 pm	Retreat Registration and Check-In	Red Oak Foyer
3:30 pm – 4:00 pm 3:30 pm – 3:35 pm 3:35 pm – 4:00 pm	<b>Opening Program</b> <ul style="list-style-type: none"> <li>Introduction/Program Overview <i>Stephanie Ros</i></li> <li>Welcome by SMFM President &amp; Foundation Chair/Perspectives on Life and Career <i>Joanne Stone &amp; Brian Mercer</i></li> </ul>	Red Oak ABC
4:00 pm – 4:15 pm 4:15 pm – 4:30 pm 4:30 pm – 4:45 pm	<b>SMFM Information Session</b> <i>Christina Wurster, SMFM</i> <b>FSMFM Overview &amp; Opportunities Session</b> <i>Christina Wurster, SMFM</i> <b>SMFM Associate Member Representative and Class Representatives</b> <i>Tani Malhotra</i>	Red Oak ABC
4:45 pm – 5:15 pm 5:15 pm – 6:00 pm	<b>Networking Skills</b> <i>Jerry Ballas</i> <b>Meet the Faculty/Team Exercise</b> <ul style="list-style-type: none"> <li>Faculty Introduction. Enjoy this fun activity to “meet” all the faculty. <i>Lexi Hill</i></li> </ul>	Red Oak ABC
6:00 pm – 6:45 pm	<b>Wine and Cheese Networking Reception (optional)</b>	Red Oak Ballroom Foyer
7:00 pm – 8:15 pm	<b>Dinner</b>	Burnham’s Restaurant
8:30 pm – 9:30 pm	<b>Group Exercise – Iron Bartender Challenge</b>	Lindens Ballroom

## Sunday, October 23, 2022

7:00 am – 8:00 am	<b>Breakfast – Grab and Go</b>	Burnham’s Restaurant
7:10 am – 7:50 am	<b>Bring Your Breakfast Session (optional)</b> <ul style="list-style-type: none"> <li>ABOG Oral Boards 101, Topics Covered: How Do I Take Them, When Do I Study, What if they are virtual? <i>Irina Burd, Lexi Hill, Omar Young</i></li> </ul>	Red Oak ABC
8:00 am – 9:00 am	<b>Keynote Speaker</b> <ul style="list-style-type: none"> <li>Keynote Speaker <i>Amy Murtha</i></li> </ul>	Red Oak ABC
9:00 am – 9:45 am 9:00 am – 9:15 am 9:15 am – 9:30 am	<b>Morning Session 1</b> <ul style="list-style-type: none"> <li><b>What is Advocacy and How Can You Get Involved?</b> <i>Erika Werner</i></li> <li><b>Complex Family Planning</b></li> </ul>	Red Oak ABC

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9:30 am - 9:45 am	<i>Adam Crosland</i> <ul style="list-style-type: none"> <li><b>NICHD Update – Virtual Presentation</b> <i>Monica Longo</i></li> </ul>	
9:45 am – 10:00 am	<b>AM Break</b>	Black Break Area
10:00 am – 11:40 am	<b>Small Group Sessions 1</b> <i>(All fellows rotate through all 3 groups, 30 minutes each)</i> <ul style="list-style-type: none"> <li>How To Pick A Mentor And How To Be A Good Mentee <i>Alfred Abuhamad, Jerry Ballas, Terri-Ann Bennett</i></li> <li>How Do I Make My Thesis Excellent and Publishable? <i>Bob Silver, Emily Miller, Tracy Manuck</i></li> <li>How To Pick A Mentor And How To Be A Good Mentee <i>Bronwen Kahn, Brian Mercer, Marvin Williams</i></li> <li>How Do I Make My Thesis Excellent and Publishable? <i>Bill Grobman, Chris Han, Cynthia Gyamfi-Bannerman</i></li> <li>What do I need to know about finding a job now/preparing for life after fellowship? <i>Amber Samuel, Patrick Ramsey, Vince Berghella</i></li> <li>What do I need to know about finding a job now/preparing for life after fellowship? <i>Joanne Stone, Tani Malhotra, Irina Burd</i></li> </ul>	Arrowhead  Iris  Lilac  Trillium  Hollyhock  Red Oak ABC
11:45 am – 1:00 pm <i>11:45 am – 12:15 pm</i>  <i>12:20 pm – 1:00 pm</i>	<b>Morning Session 2</b> <ul style="list-style-type: none"> <li>Getting Started with Research <i>Torri Metz</i></li> <li>How Do I Learn Ultrasound In Fellowship? <i>Shani Delaney, Jennifer Jolley</i></li> </ul>	Red Oak ABC
1:00 pm – 2:00 pm	<b>Lunch</b>	Burnham's
2:15 pm – 4:00 pm  <i>2:15 pm - 2:45 pm</i> <i>2:50 pm - 3:20 pm</i> <i>3:25 pm – 3:55 pm</i>	<b>Small Group Sessions 2</b> <i>(Attend 3 of the 6 available sessions- 30 mins each)</i> <ul style="list-style-type: none"> <li>Career in Education Administration <i>Chris Han, Omar Young, Shani Delaney</i></li> <li>What Is It Like Working In Community / Private Practice? <i>Bronwen Kahn, Lexi Hill, Amber Samuel</i></li> <li>Clinical Administration <i>Alfred Abuhamad, Cynthia Gyamfi-Bannerman, Brian Mercer</i></li> <li>Careers with Research Emphasis <i>Irina Burd, Carolyn Dude, Tracy Manuck</i></li> <li>Involvement in Patient Safety and Quality <i>Patrick Ramsey, Terri-Ann Bennett</i></li> <li>Incorporating Advocacy: Making Change in a New Environment <i>Erika Werner, Jerry Ballas, Bob Silver</i></li> </ul>	Red Oak ABC  Trillium  Arrowhead  Iris  Hollyhock  Lilac

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4:00 pm – 5:05 pm 4:10 pm – 4:30 pm 4:30 pm – 4:50 pm 4:50 pm – 5:05 pm	<b>Evening Session 1</b> <ul style="list-style-type: none"> <li>Learning Genetics in Fellowship <i>Teresa Sparks</i></li> <li>Tips for Being an Excellent Teacher <i>Judy Chung</i></li> <li>SMFM Research Activities <i>Tracy Manuck</i></li> </ul>	Red Oak ABC
5:05 pm – 5:15 pm	<b>Group Photo (outside) – In Front of Golf Course</b>	
7:00 pm – 8:30 pm	<b>Dinner</b>	Burnham's
8:30 pm – 10:30 pm	<b>Karaoke</b>	Prairie River Restaurant

### Monday, October 24, 2022

7:00 am – 8:00 am	<b>Breakfast – Grab and Go, Continental options outside of breakouts</b>	Burnham's Restaurant
7:10 am – 8:00 am	<b>Bring Your Breakfast Session (optional)</b> <ul style="list-style-type: none"> <li>The Black Box of Publishing, Topics Include: How Do I Get Involved As a Reviewer, What Is The Process, How Do I Write a Paper That Is Publishable, How Do I get a Project Funded? <i>Emily Miller, Torri Metz</i></li> </ul>	Red Oak ABC
8:00 am – 8:30 am	<b>Morning Session 3</b> <ul style="list-style-type: none"> <li>Work-Life Harmony <i>Stephanie Ros</i></li> </ul>	Red Oak ABC
8:35 am – 10:30 am 8:35 am – 9:10 am 9:15 am – 9:50 am 9:55 am – 10:30 am	<b>Small group Session 3 (all fellows will attend these, each 35 minutes)</b> <ul style="list-style-type: none"> <li>Tips for Success in the Next 3 Years <i>Adam Crosland, Jennifer Jolley, Alfred Abuhamad</i></li> <li>Avoiding Burnout <i>Teresa Sparks, Chris Han, Marvin Williams</i></li> <li>How to Deal with Failure and Adversity <i>Lexi Hill, Carolyn Dude, Judy Chung</i></li> </ul>	Red Oak ABC Trillium Arrowhead
10:30 am – 11:00 am	<b>Break – Room Check Out</b> <i>Bag Check Room: IRIS</i>	Iris
11:00 am – 11:45 am	<ul style="list-style-type: none"> <li><b>Conflict Resolution</b> <i>Vince Berghella</i></li> </ul>	Red Oak ABC
11:45 am – 1:00 pm	<b>Wrap Up</b> <ul style="list-style-type: none"> <li>Wrap Up and Post-Retreat Electronic Survey</li> <li>Pick up lunch to go</li> </ul>	Red Oak ABC
1:30 pm	<b>Shuttle to O'Hare International Airport</b>	Main Entrance