



UNIVERSITY *of* MARYLAND
SCHOOL OF MEDICINE

CABTRAC 2019

The Trainee Perspective



cabtrac

CANCER BIOLOGY
TRAINING
CONSORTIUM

FROM THE TRAINEES:

**THANK YOU TO CABTRAC, THE
ORGANIZERS AND HOST
ORGANIZATION!!**



Tweet



Jennifer Aumiller
@JennAumiller



Social Media for Career Development
with a great group at CABTRAC
meeting in Baltimore [#cabtrac2019](#)



1:01 PM · 10/13/19 · [Twitter for iPhone](#)

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THINGS THAT WE ENJOYED:

- The Career Roundtables (Informational Interviews) – Very well received, expanding it would be great.
- Speed mentoring – Could be longer next year.
- Score Sheet Feedback – This was invaluable for trainees as it's a nice way for us to evaluate how our presentations went, and what could be improved upon.
- Small, close knit community – Made the conference enjoyable for first time attendees
- Session Topics – Great subjects for the sessions
- The Mentor to Trainee ratio was good – Could get perspectives from all sides
- The Camden Yards tour, dinner and poster session was so much fun!!

SOME IMPROVEMENTS:

- Communication
 - Trainees were confused on what events they were supposed to sign up for and attend.
 - Clear directions and fewer emails.
- Social Media Presence
 - Next year we should have a hashtag – Increasing awareness of CABTRAC
 - #CABTRAC2019 – Unofficial 2019 hashtag. Check it out on Twitter and tweet if you have taken any pictures.

NEW IDEAS AND TOPICS FOR CABTRAC 2020

- New Session/Topics
 - The Review Process – How to properly review papers (Trainees/Jr. Faculty), How to respond to reviewer comments, How to improve the reviewer process.
 - Mindfulness and Wellness – How to have proper work/life balance and tips for emotional wellbeing.
 - Navigating Discussions on Ableism – How to be an advocate and more aware of the issues facing this community.
 - LGBTQIA+ - How to be an advocate for LGBTQIA+ mentors and trainees in Science.
 - Leveraging the road from PhD. To Postdoc - The paradox of needing experience to get the job
- CV Feedback
 - Trainees enjoyed the feedback from their presentations. Having someone look through their CVs would be a very helpful activity.
- Combining some topics for both Trainees and Mentors - Some of the trainee topics would be beneficial to mentors.