Managing Time and Expectations: Surgeon and Scientist

Ankush Gosain, MD, PhD, FACS, FAAP

Director of Surgical Research
Children’s Foundation Research Institute, Le Bonheur Children’s Hospital

Associate Professor, Departments of Surgery and Pediatrics
University of Tennessee Health Sciences Center

Affiliate Physician
St. Jude Children’s Research Hospital

21 October 2017
Disclosures

• I *do not* have any relationships with commercial interests to disclose.

• Many extremely talented and organized surgeons have given talks like this before me. I have benefited from many of their concepts and some of their slides.
Surgeons are ideally suited to Research

- Hard workers – we don’t have a 9-5 mentality
- Decisive – we get things done
- Surgeons can focus – clear and directed thinking
- Attention to detail
- Problem solvers
- Perseverance
- Great Instincts about what will and wont work.
- Relevance – we know surgical disease

“We have the surgeon personality”
- K.Craig Kent, MD
Time Management
9/6/12

Dear Daddy,

I love you. I'm really sorry of how much you have to work.

Love,
Sofia
Work-Life Balance?
The Balance of Time Management

- Clinical Demands
- Administrative Duties
- Work-Life Balance
- Protected Time/Resources
- Lab Output/Productivity

?
Balance is bunk. It’s a misguided notion that assumes we must always make trade-offs among the different aspects of our lives.

Stuart D. Friedman
Work-Life Integration: Four-Way Wins

1. Be Real
2. Be Whole
3. Be Innovative

*Caveat: There are many prioritization schemata, this is just one that is currently working for me.*
How do you get from A to B?
1. Be Real

Know what matters

- Start with 100 points
- Allocate points to each of the 4 circles based on how you value them
- Separately, allocate points to the 4 circles based on how you spend your time
- Are they the same?
1. Be Real

Align actions with values

- If work meetings aren’t malleable, why should family time be?
- Drive kids to school 3-5x/week
- Red-eyes whenever possible
Know where you want to go

- Where you would like to be at various points in the coming years?

- What does success mean to you?

![Diagram showing overlapping circles of Clinical, Research, Teaching, Admin on the left, and Work, Self, Community, Family on the right.](image)
1. Be Real

Embody values consistently

<table>
<thead>
<tr>
<th></th>
<th>M</th>
<th>Tu</th>
<th>W</th>
<th>Th</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM</td>
<td>Lab</td>
<td>Clinical Research, Meetings</td>
<td>Conferences</td>
<td>Lab</td>
<td>Lab</td>
</tr>
<tr>
<td>PM</td>
<td>Lab</td>
<td>Lab or Clinic</td>
<td>OR Block</td>
<td>Lab</td>
<td>Lab</td>
</tr>
</tbody>
</table>

Allocate your time to what is important
1. Be Real

Hold yourself accountable

• 3 Offices
  – Clinical
  – Lab
  – Home

• Nights away
  – 01/2016-04/2016: 15 days away
  – 01/2017-04/2017: 6 days away
2. Be Whole

Help others
2. Be Whole

Manage boundaries intelligently

<table>
<thead>
<tr>
<th></th>
<th>M</th>
<th>Tu</th>
<th>W</th>
<th>Th</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM</td>
<td>Lab Meeting</td>
<td>Clinical Research, Meetings</td>
<td>Conferences</td>
<td>Lab</td>
<td>Lab</td>
</tr>
<tr>
<td>PM</td>
<td>Lab</td>
<td>Lab or Clinic</td>
<td>OR Block</td>
<td>Lab</td>
<td>Lab</td>
</tr>
</tbody>
</table>

- 7 partners / SOW system
- CHARMING Patients

Sacrosanct times
Lab Meeting
Formal presentations

Clinic
Teaching residents

UT Le Bonheur Pediatric Specialists

Le Bonheur Children’s Hospital
49 N. Dunlap, 2nd Floor
Memphis, TN 38105
Office: 901-287-6031
Admin: 901-287-6446
Mobile: 312-208-8691
Fax: 901-287-4434
agosain@uthsc.edu
2. Be Whole

Weave disparate strands
3. Be Innovative

Focus on results

- **Goal:** Never miss lab meeting
- **Goal:** Decrease email without sacrificing responsiveness

Labarchives.com

Gosainlab.slack.com
3. Be Innovative

Resolve conflicts among domains

- Both spouses on call on a weekend
- Meeting during school breaks
- Grant deadlines during Spring Break
Work-Life Integration

1. Be Real
2. Be Whole
3. Be Innovative
Pearls
Resident Research Years -> Early Faculty Years
Time Lapse of Gosain Lab @ 0600-0855

Be Here Now.
1. Mentorship

2. Submit abstracts & attend conferences

3. Pick a subject matter that interests you and will help patients

4. Consider advanced degrees

5. Enjoy life

http://www.aasurg.org/blog/entering-research-years-surgery-residency-top-5-pieces-advice/

Jonathan Abelson, MD @jabelsonmd
Returning to clinical years

1. Guide your path to success by optimizing your rotation schedule.
2. Operate, operate, operate.
3. Ask questions.
4. Don’t beat yourself up.
5. Take time to live life.

Laura Stafman, MD
[needs to join Twitter]
Bridging Research Fellowship to Faculty Position

1:50 PM – 2:50 PM  BREAKOUT SESSIONS
Room: Lower Auditorium

BASIC & TRANSLATIONAL RESEARCH
MODERATORS: Evan Scott Glazer, MD, PhD & Rebecca M. Rentea, MD
Finding the Right Lab and the Right Mentor – Timothy L. Frankel, MD
Creating a Timeline for Success in a Basic Science Lab – Allison L. Speer, MD
Bridging the Gap Between End of Research Years and First Faculty Appointment – J. Josh Smith, MD, PhD

J. Joshua Smith, MD, PhD @smithj10Smad4
“Get good results, publish papers, and give talks that all map to your theme.”

Faculty: The Only Problem is that We are Surgeons!

- The clinical work is easy, its getting to the lab that’s the hard part.

- The time you spend at work after training doesn’t get any shorter, but at least you make your own schedule.

**Brad Warner**
Surgeon in Chief
St. Louis Children’s, Wash U SOM

**Tim Crombleholme**
Surgeon-in-Chief
Colorado Children’s Univ of Colorado
One Size Does Not Fit All
How Much Protected Time Do You Need?

Perceived Minimum Percent Protected Time to Succeed in Basic Science & Clinical Research

Reporting %

<table>
<thead>
<tr>
<th></th>
<th>Basic</th>
<th>Clinical</th>
</tr>
</thead>
<tbody>
<tr>
<td>10%</td>
<td>0.7</td>
<td>4.0</td>
</tr>
<tr>
<td>20%</td>
<td>3.8</td>
<td>24.6</td>
</tr>
<tr>
<td>30%</td>
<td>10.0</td>
<td>35.4</td>
</tr>
<tr>
<td>40%</td>
<td>14.9</td>
<td>13.4</td>
</tr>
<tr>
<td>50%</td>
<td>41.4</td>
<td>19.9</td>
</tr>
<tr>
<td>60%</td>
<td>7.7</td>
<td>1.4</td>
</tr>
<tr>
<td>70%</td>
<td>14.1</td>
<td>1.0</td>
</tr>
<tr>
<td>80%</td>
<td>6.7</td>
<td>0.1</td>
</tr>
<tr>
<td>90%</td>
<td>0.7</td>
<td>0.1</td>
</tr>
<tr>
<td>100%</td>
<td>0.1</td>
<td>0.1</td>
</tr>
</tbody>
</table>

Data from Sundeep Keswani, MD; see Keswani, et.al. Ann Surg 2016.
Protect your time! Minimize Context Switching

<table>
<thead>
<tr>
<th></th>
<th>M</th>
<th>Tu</th>
<th>W</th>
<th>Th</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM</td>
<td>Lab</td>
<td>Clinical Research, Meetings</td>
<td>Conferences</td>
<td>Lab</td>
<td>Lab</td>
</tr>
<tr>
<td>PM</td>
<td>Lab</td>
<td>Lab or Clinic</td>
<td>OR Block</td>
<td>Lab</td>
<td>Lab</td>
</tr>
</tbody>
</table>
## Minimize Context Switching

<table>
<thead>
<tr>
<th></th>
<th>M</th>
<th>Tu</th>
<th>W</th>
<th>Th</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM</td>
<td>Lab</td>
<td>Clinical Research,</td>
<td>Conferences</td>
<td>Lab</td>
<td>Lab</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Meetings</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PM</td>
<td>Lab</td>
<td>Lab or Clinic</td>
<td>OR Block</td>
<td>Lab</td>
<td>Lab</td>
</tr>
</tbody>
</table>

- **Monday**
  - **AM: Lab meeting**
    - Beginning of week to allow weekend to generate data & prepare presentations
    - Rest of week to carry out experiments
    - Individual meetings
  - **PM: Reading/writing**
# Minimize Context Switching

<table>
<thead>
<tr>
<th></th>
<th>M</th>
<th>Tu</th>
<th>W</th>
<th>Th</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM</td>
<td>Lab</td>
<td></td>
<td>Conf.</td>
<td>Lab</td>
<td>Lab</td>
</tr>
<tr>
<td></td>
<td>Clinical Research, Meetings</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PM</td>
<td>Lab</td>
<td></td>
<td>OR Block</td>
<td>Lab</td>
<td>Lab</td>
</tr>
<tr>
<td></td>
<td>Lab or Clinic</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Tuesday**
- **AM:**
  - Meetings - admin has control to schedule up to 30 minutes
  - Only meetings with Chief/Chair/CEO are allowed outside this time
  - Clinical Research meeting - weekly with mentees & research coordinator
- **PM:** Clinic - minimal loss due to holidays; ok to run late
Minimize Context Switching

<table>
<thead>
<tr>
<th></th>
<th>M</th>
<th>Tu</th>
<th>W</th>
<th>Th</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM</td>
<td></td>
<td>Lab</td>
<td>Clinical Research, Meetings</td>
<td>Lab</td>
<td>Lab</td>
</tr>
<tr>
<td>PM</td>
<td></td>
<td>Lab</td>
<td>Lab or Clinic</td>
<td>Lab</td>
<td>Lab</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>conferences</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>OR Block</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Wednesday (the day after your clinic)**
  - **AM**: Fellowship conferences
    - Miss for OR if necessary
  - **PM**: OR
    - Use all of this time! (EMR, Reviews, Evals, etc.)
    - Late day if necessary
    - Anticipate missing dinner
Minimize Context Switching

<table>
<thead>
<tr>
<th></th>
<th>M</th>
<th>Tu</th>
<th>W</th>
<th>Th</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM</td>
<td>Lab</td>
<td>Clinical Research, Meetings</td>
<td>Conferences</td>
<td>Lab</td>
<td>Lab</td>
</tr>
<tr>
<td>PM</td>
<td>Lab</td>
<td>Lab or Clinic</td>
<td>OR Block</td>
<td>Lab</td>
<td>Lab</td>
</tr>
</tbody>
</table>

- **Monday, Thursday, Friday**
  - Protected Research Days: Avoid non-research activities
  - Do experiments
  - Data analysis
  - Read
  - Write
  - THINK!!!!!!
Improve Efficiency - Utilize Technology

Labarchives.com

Gosainlab.slack.com
Secure Research Space

• Initial lab space in mentors lab
  – Help for training technician/staff
  – Starting new assays
  – Fully equipped
  – Away from clinical service
  – Saves time awaiting protocol approvals

• Move to your own space in 2-3 years

• Lab and Office have to be in close proximity
Months 1-3

- Get Organized
- Generate Data
- Protocol Book
- Biosafety
- Animal Safety
- READ READ READ

Months 1-3

- Every day is a school day
- Own your space
  - Learn all that you can and become the expert in that area
Months 3-6

• Grant Writing Advice & Courses
  • Grant Outline
  • Generate More Preliminary Data

• Aim #1: Cellular
• Aim #2: Molecular
• Aim #3: In vivo

Human Relevance
Months 6-9

• Apply for Surgical Society Grants
• Write a review article
• Submit abstracts to ASC and ACS

External validation
• You are making progress
• Your time is worth protecting
• Funding track record
Months 9-12

• Identify a Scientific Advisory Panel
• Call your program official at the NIH
• K award
  • 1/3 Candidate
  • 1/3 Mentorship & Career Development Plan
  • 1/3 Science

K award is the gateway grant: 63% of K-awarded pediatric surgeons transitioned to an independent NIH award mechanism
## AAS BTS Faculty Timeline

### YEAR 1

<table>
<thead>
<tr>
<th>Month</th>
<th>Jul</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tasks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Identify research area</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Find a job/identify primary research mentor</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Background reading on mentors’ lab focus and your idea</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

### YEAR 2

<table>
<thead>
<tr>
<th>Month</th>
<th>Jul</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tasks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Secure research space with your mentor and appropriate shelf space</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Arrange your schedule (be as graphic about schedule)</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Commit to a time/task management system</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Start learning techniques from mentors’ personnel</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Generate your protocol book</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Learn institutional biosafety and animal care processes</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Identify 1-2 Basic Science Societies to join/participate in</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Write a grant outline</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Begin to identify societal funding opportunities</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Attend AAS Fall Courses</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Write a review on your focus area</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Apply for societal funding</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Submit an abstract to the ACS</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

### Relevant Abstract Deadlines

- ASC
- AAPS
- AATS
- MDS
- AAST/ACS

### YEAR 3

<table>
<thead>
<tr>
<th>Month</th>
<th>Jul</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tasks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Attend Gordon Conferences in your field</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Revise your time/task management system</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Submit progress reports to funding agencies</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Submit an NIH K-series award</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Submit an abstract to the ACS</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Publish papers with mentor</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Seek out reviewer opportunities</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Submit an abstract to ACS</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

### Relevant Abstract Deadlines

- ASC
- AAPS
- AATS
- MDS
- AAST/ACS

### YEAR 4

<table>
<thead>
<tr>
<th>Month</th>
<th>Jul</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tasks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Attend Gordon Conferences in your field</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Secure research space near your mentor</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Arrange your schedule (be as graphic about schedule)</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Revise your time/task management system</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Submit progress reports to funding agencies</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Submit an abstract to the ACS</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Publish papers with mentor</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Submit an abstract to ACS</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

### Relevant Abstract Deadlines

- ASC
- AAPS
- AATS
- MDS
- AAST/ACS
Use the resources around you!

Association for Academic Surgery 2017 Fall Courses

Saturday, October 21, 2017
University of California, San Diego, Center for the Future of Surgery

7:00 AM - 7:30 AM
Registration

7:30 AM - 7:45 AM
Welcome & Introductions - Carrie C. Lai, MD, MPH & Dave Hirsh, MD, MS

7:45 AM - 9:45 AM
ROSCOT LECTURE: Why Choose Academic Surgery?

9:45 AM - 10:00 AM
Break

10:00 AM - 10:30 AM
William J. Burgett, MD & Daniel Harvey, MD

10:30 AM - 10:45 AM
Networking & Coffee Break

10:45 AM - 1:00 PM
Session 1: mentorship, education, and career development

1:00 PM - 1:15 PM
Break

1:15 PM - 2:30 PM
Session 2: surgical innovation and research

2:30 PM - 2:45 PM
Break

2:45 PM - 5:00 PM
Session 3: leadership and faculty development

5:00 PM - 6:00 PM
Networking Reception

Association for Academic Surgery 2017 Early Career Development Course

Sunday, October 22, 2017

9:45 AM - 10:00 AM
Welcome & Introductions - Biz Appelgren, MD, PhD & Mia Natkina, MD, PhD

10:00 AM - 10:15 AM
Building a Secure Foundation for Academic Surgery

10:15 AM - 11:45 AM
Session 1: mentorship, education, and career development

11:45 AM - 12:00 PM
Break

12:00 PM - 1:30 PM
Session 2: surgical innovation and research

1:30 PM - 1:45 PM
Break

1:45 PM - 3:00 PM
Session 3: leadership and faculty development

3:00 PM - 3:15 PM
Break

3:15 PM - 4:30 PM
Session 4: leadership and faculty development

4:30 PM - 5:00 PM
Networking Reception

Learning Objectives

All authors of this course, participants will be able to:

- Identify and define career development milestones
- Obtain a better understanding of career development processes
- Increase understanding of the academic development process
- Use strategies that can be used in everyday clinical practice
- Create a plan for career development
- Develop an academic mentorship and research team
- Share ideas and approaches to research and academic mentoring
- Learn from and support other career development
- Discuss and explore research and academic opportunities
- Enhance their personal and professional development
Managing Time and Expectations: Surgeon and Scientist

Questions?
agosain@uthsc.edu