Tips on How to Succeed in Academic Surgery

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I have no disclosures as it pertains to the content of this talk
How Does One Succeed?

• Reflection on my own career…
• Reflection on the career of others…
• Developed 10 tips on how to succeed
1. Have Passion

• Pursue a career that you are passionate about

Working hard for something we don’t care about is called stress.

Working hard for something we love is called passion.

Simon Sinek
Follow Your Passion
2. Have a Vision for Your Career

- Know what you want out of your career
- Know where you want to be 10 years from now
- Others cannot support you if you don’t know what you want
Identify Mentors

- Offer guidance and advice
- Provide opportunities
- Help with networking
- Advocate for you
- Stimulate creativity
- Push you to be better
Understand the Culture

• Need to understand the culture of your institution and department
• What is important?
• What is valued?
Negotiate Resources

- A good career starts before you sign the contract
- Need to know what you want (have a plan!)
- Need the tools to accomplish your vision
Manage your Time Effectively

• Learn what works best for you regarding time management
• Be efficient with your time
• Protect your academic time
• Be mindful of your mental health
Manage your Time Effectively

- **Q1**: Urgent and Important - Do it now
  - Crises & Emergencies

- **Q2**: Not Urgent and Important - Decide when to do it
  - Prevention & Planning Improvement

- **Q3**: Urgent and Not Important - Delegate it
  - Interruptions

- **Q4**: Not Urgent and Not Important - Dump it
  - Time Wasters
Be a Team Player

- No one wants to work with a difficult person
- Opportunities will not come to a difficult person
- We are in this together
- We are stronger together
- Remember your institution
Collaborate

- Capitalize on your local environment
- Establish relationships that will further your work
- Collaboration stimulates creativity and innovation
- Collaboration pushes you to be your best
8 Be Creative and Innovative

- Think outside of the box
- Expose yourself to people who are at the top of their game
- Don’t be afraid to fail
9 Work Hard

- Genius is over-rated
- Success is not just about innate ability
- 10,000 hour rule
- Pursue meaningful work – If you feel there is real purpose to your work, it’s more likely you will work hard
- Seize opportunities
- Know when to say “yes”
• Understand that work-life balance is about making choices
• Find the balance that works for you
• A choice you make today may not be relevant in 5 years
• Create a support system
GREAT CAREER AHEAD