



Tips on How to Succeed in Academic Surgery

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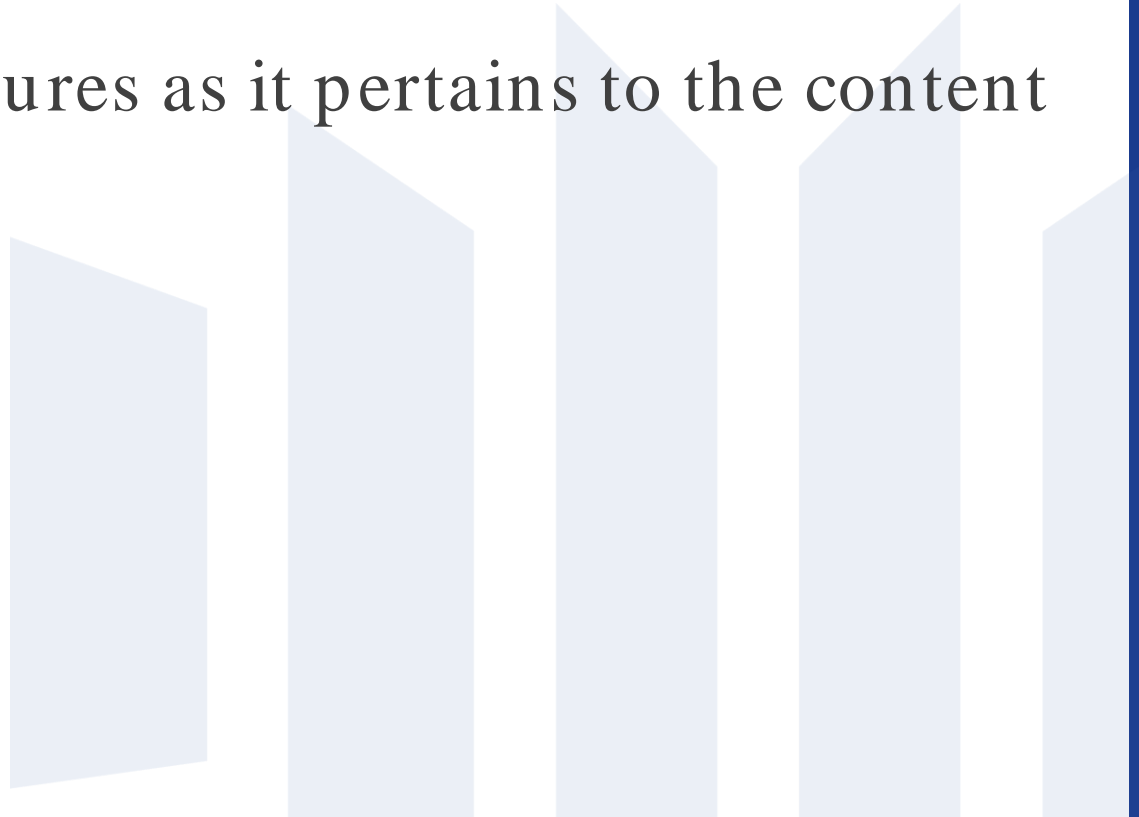
Professor, Department of Biomedical Engineering

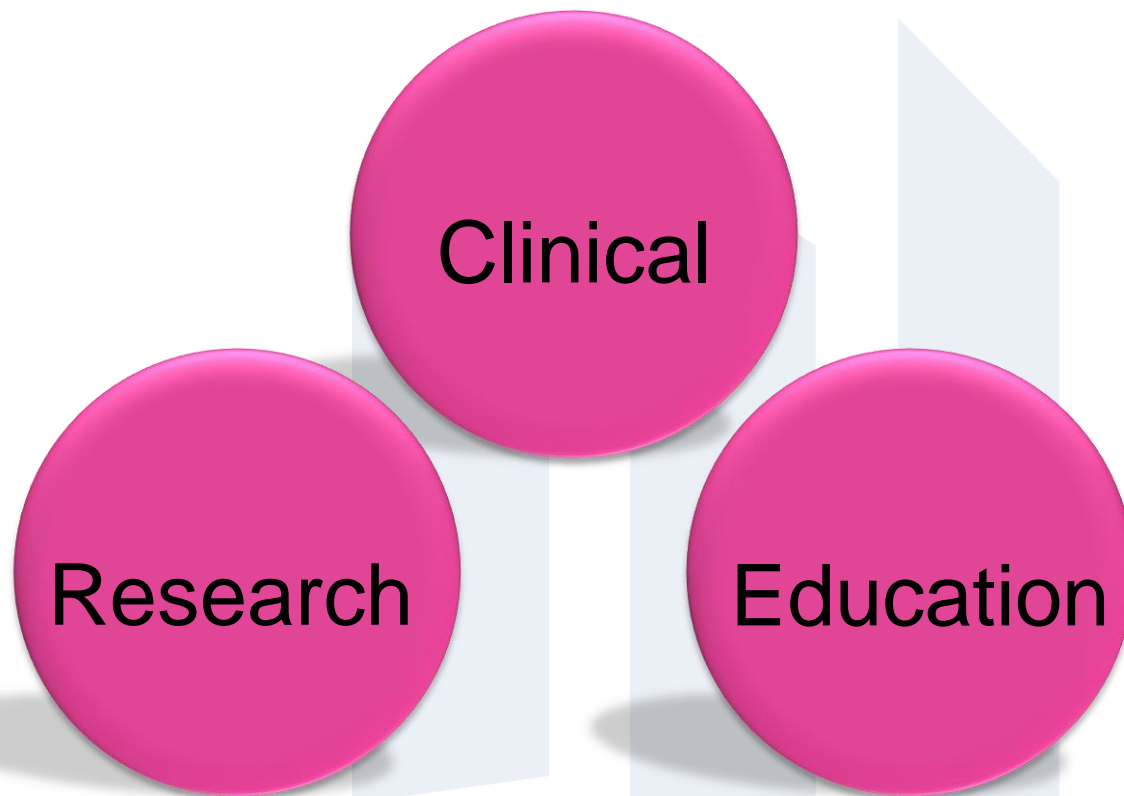
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Disclosures

- I have no disclosures as it pertains to the content of this talk

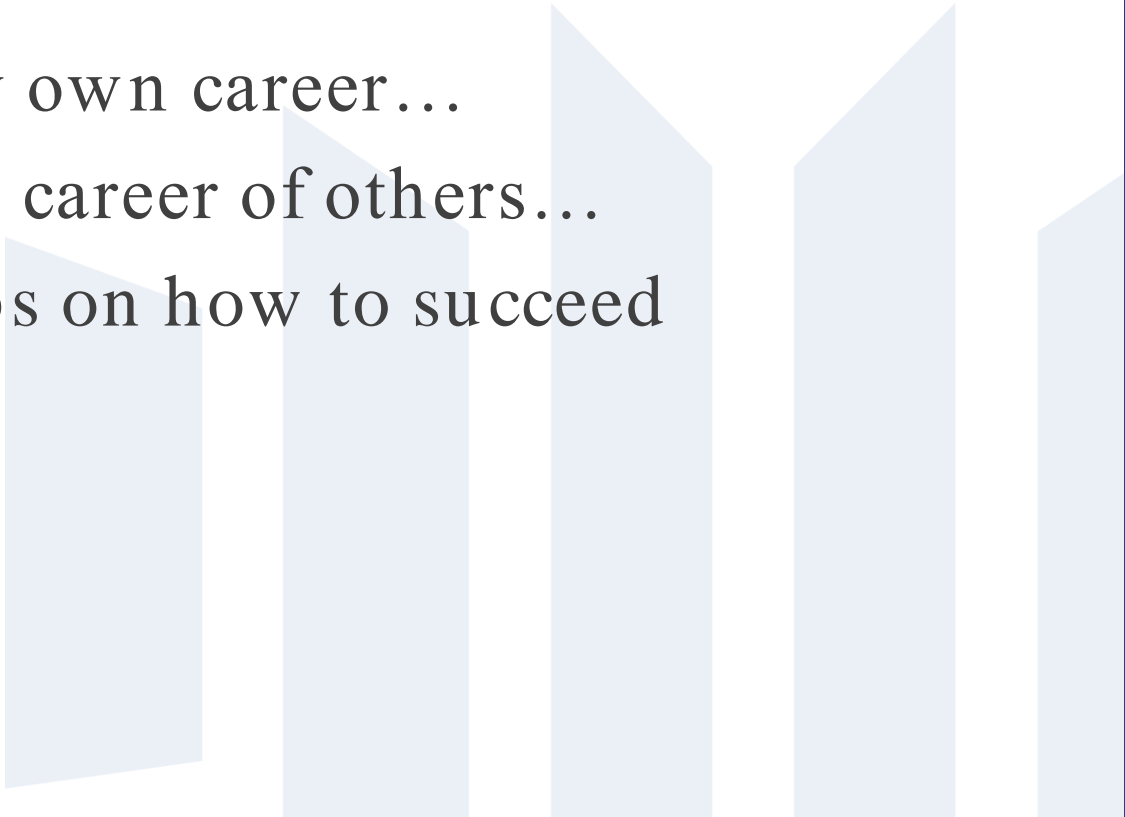




Academic Surgery



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

A wide-angle, low-perspective shot of a two-lane asphalt road that stretches straight into the distance. The road is flanked by dry, brownish-yellow desert terrain with sparse, low-lying vegetation. In the far distance, a range of mountains is visible under a sky filled with soft, white and grey clouds. The overall mood is one of vastness and forward movement.

***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



3

Identify Mentors

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



- Need to understand the culture of your institution and department
- What is important?
- What is valued?



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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



6

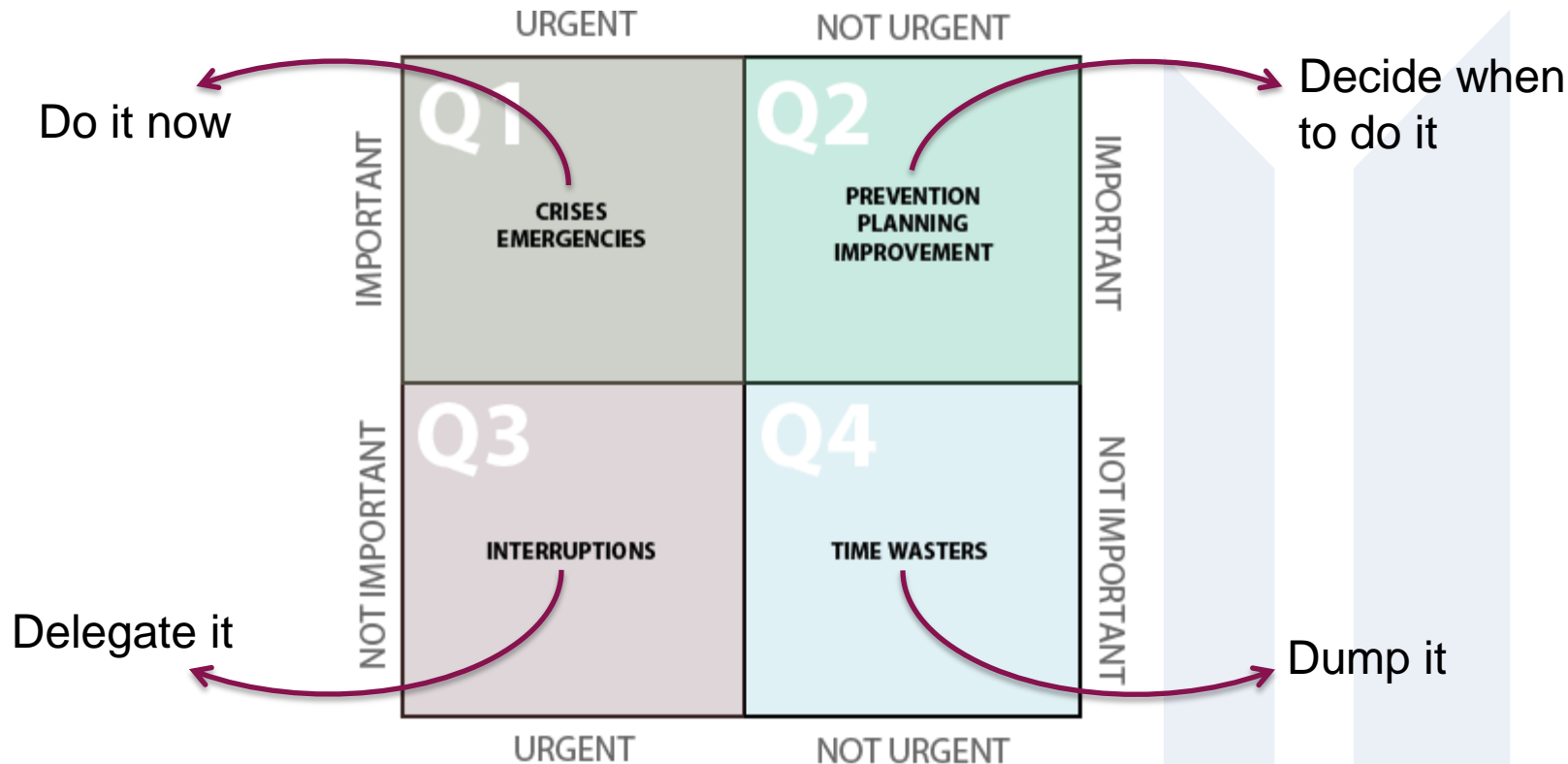
Manage your Time Effectively

- Learn what works best for you regarding time management
- Be efficient with your time
- Protect your academic time
- Be mindful of your mental health



6

Manage your Time Effectively



- 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



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



Be Creative and Innovative

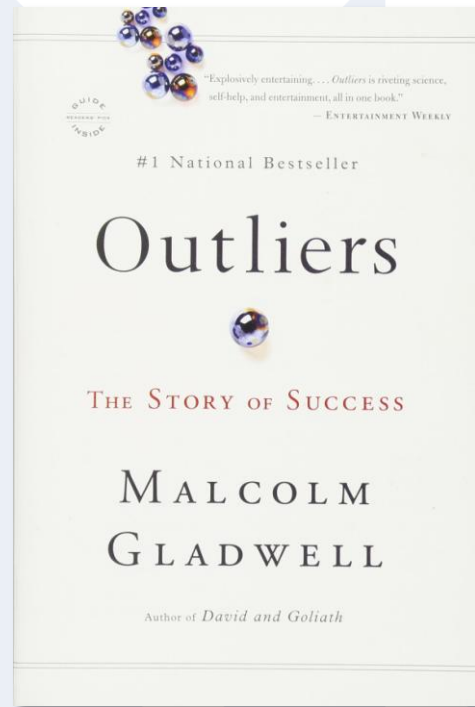
- Think outside of the box
- Expose yourself to people who are at the top of their game
- Don't be afraid to fail



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”



10

Find Your Balance

- 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







PASSION

SUCCESS



Thank You



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