

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Sean R. Anderson
Affiliation	University of Wisconsin-Madison
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Overall Workshop Description The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Presenter Diversity Presenters (i.e., discussion leaders) will be at varying levels in their career (from post-doc to senior faculty) and of different genders and racial/ethnic backgrounds. Additionally, the focus of the workshop is on improving equity through community building, so resources available to individuals underrepresented or facing undue burden will receive particular attention (e.g., the BIPOC CSD Network, childcare offerings through ARO).

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Sean R Anderson

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Tanvi Thakkar
Affiliation	University of Wisconsin-Madison
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Tanvi *	Thakkar *	University of Wisconsin-Madison

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Tanvi Thakkar

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Ellen Peng
Affiliation	Boys Town National Research Hospital
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Ellen *	Peng *	Boys Town National Research Hospital

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Ellen Peng

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Ruth Litovsky
Affiliation	University of Wisconsin
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Ruth *	Litovsky *	University of Wisconsin

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and agree to the above terms and conditions. My presentation can be recorded and available post the conclusion of the 2023 MidWinter Meeting for 2 weeks or 14 days.

Signature Ruth Litovsky

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Lina Reiss
Affiliation	Oregon Health & Science University
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Lina *	Reiss *	Oregon Health & Science University

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Lina Reiss

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID 3003159

Submission Type Workshop

Topic Other

Status Submitted

Submitter Kristina DeRoy Milvae

Participant(s) Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
------------	-----------	-------------

Kristina *	DeRoy Milvae *	
------------	----------------	--

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Kristina DeRoy Milvae

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Bobby Gibbs
Affiliation	Univesity of Maryland
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Bobby *	Gibbs *	Univesity of Maryland

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Bobby Gibbs

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Sean R. Anderson
Affiliation	University of Wisconsin-Madison
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Overall Workshop Description The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Presenter Diversity Presenters (i.e., discussion leaders) will be at varying levels in their career (from post-doc to senior faculty) and of different genders and racial/ethnic backgrounds. Additionally, the focus of the workshop is on improving equity through community building, so resources available to individuals underrepresented or facing undue burden will receive particular attention (e.g., the BIPOC CSD Network, childcare offerings through ARO).

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Sean R Anderson

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Tanvi Thakkar
Affiliation	University of Wisconsin-Madison
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Tanvi *	Thakkar *	University of Wisconsin-Madison

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Tanvi Thakkar

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Ellen Peng
Affiliation	Boys Town National Research Hospital
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Ellen *	Peng *	Boys Town National Research Hospital

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Ellen Peng

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Ruth Litovsky
Affiliation	University of Wisconsin
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Ruth *	Litovsky *	University of Wisconsin

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and agree to the above terms and conditions. My presentation can be recorded and available post the conclusion of the 2023 MidWinter Meeting for 2 weeks or 14 days.

Signature Ruth Litovsky

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Lina Reiss
Affiliation	Oregon Health & Science University
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Lina *	Reiss *	Oregon Health & Science University

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Lina Reiss

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID 3003159

Submission Type Workshop

Topic Other

Status Submitted

Submitter Kristina DeRoy Milvae

Participant(s) Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
------------	-----------	-------------

Kristina *	DeRoy Milvae *	
------------	----------------	--

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Kristina DeRoy Milvae

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Bobby Gibbs
Affiliation	Univesity of Maryland
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Bobby *	Gibbs *	Univesity of Maryland

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Bobby Gibbs

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Sean R. Anderson
Affiliation	University of Wisconsin-Madison
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Overall Workshop Description The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Presenter Diversity Presenters (i.e., discussion leaders) will be at varying levels in their career (from post-doc to senior faculty) and of different genders and racial/ethnic backgrounds. Additionally, the focus of the workshop is on improving equity through community building, so resources available to individuals underrepresented or facing undue burden will receive particular attention (e.g., the BIPOC CSD Network, childcare offerings through ARO).

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Sean R Anderson

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Tanvi Thakkar
Affiliation	University of Wisconsin-Madison
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Tanvi *	Thakkar *	University of Wisconsin-Madison

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Tanvi Thakkar

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Ellen Peng
Affiliation	Boys Town National Research Hospital
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Ellen *	Peng *	Boys Town National Research Hospital

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Ellen Peng

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Ruth Litovsky
Affiliation	University of Wisconsin
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Ruth *	Litovsky *	University of Wisconsin

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and agree to the above terms and conditions. My presentation can be recorded and available post the conclusion of the 2023 MidWinter Meeting for 2 weeks or 14 days.

Signature Ruth Litovsky

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Lina Reiss
Affiliation	Oregon Health & Science University
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Lina *	Reiss *	Oregon Health & Science University

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Lina Reiss

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID 3003159

Submission Type Workshop

Topic Other

Status Submitted

Submitter Kristina DeRoy Milvae

Participant(s) Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
------------	-----------	-------------

Kristina *	DeRoy Milvae *	
------------	----------------	--

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Kristina DeRoy Milvae

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Bobby Gibbs
Affiliation	Univesity of Maryland
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Bobby *	Gibbs *	Univesity of Maryland

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Bobby Gibbs

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Sean R. Anderson
Affiliation	University of Wisconsin-Madison
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Overall Workshop Description The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Presenter Diversity Presenters (i.e., discussion leaders) will be at varying levels in their career (from post-doc to senior faculty) and of different genders and racial/ethnic backgrounds. Additionally, the focus of the workshop is on improving equity through community building, so resources available to individuals underrepresented or facing undue burden will receive particular attention (e.g., the BIPOC CSD Network, childcare offerings through ARO).

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Sean R Anderson

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Tanvi Thakkar
Affiliation	University of Wisconsin-Madison
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Tanvi *	Thakkar *	University of Wisconsin-Madison

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Tanvi Thakkar

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Ellen Peng
Affiliation	Boys Town National Research Hospital
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Ellen *	Peng *	Boys Town National Research Hospital

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Ellen Peng

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Ruth Litovsky
Affiliation	University of Wisconsin
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Ruth *	Litovsky *	University of Wisconsin

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and agree to the above terms and conditions. My presentation can be recorded and available post the conclusion of the 2023 MidWinter Meeting for 2 weeks or 14 days.

Signature Ruth Litovsky

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Lina Reiss
Affiliation	Oregon Health & Science University
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Lina *	Reiss *	Oregon Health & Science University

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Lina Reiss

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID 3003159

Submission Type Workshop

Topic Other

Status Submitted

Submitter Kristina DeRoy Milvae

Participant(s) Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
------------	-----------	-------------

Kristina *	DeRoy Milvae *	
------------	----------------	--

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Kristina DeRoy Milvae

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Bobby Gibbs
Affiliation	Univesity of Maryland
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Bobby *	Gibbs *	Univesity of Maryland

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Bobby Gibbs

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Sean R. Anderson
Affiliation	University of Wisconsin-Madison
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Overall Workshop Description The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Presenter Diversity Presenters (i.e., discussion leaders) will be at varying levels in their career (from post-doc to senior faculty) and of different genders and racial/ethnic backgrounds. Additionally, the focus of the workshop is on improving equity through community building, so resources available to individuals underrepresented or facing undue burden will receive particular attention (e.g., the BIPOC CSD Network, childcare offerings through ARO).

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Sean R Anderson

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Tanvi Thakkar
Affiliation	University of Wisconsin-Madison
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Tanvi *	Thakkar *	University of Wisconsin-Madison

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Tanvi Thakkar

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Ellen Peng
Affiliation	Boys Town National Research Hospital
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Ellen *	Peng *	Boys Town National Research Hospital

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Ellen Peng

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Ruth Litovsky
Affiliation	University of Wisconsin
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Ruth *	Litovsky *	University of Wisconsin

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and agree to the above terms and conditions. My presentation can be recorded and available post the conclusion of the 2023 MidWinter Meeting for 2 weeks or 14 days.

Signature Ruth Litovsky

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Lina Reiss
Affiliation	Oregon Health & Science University
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Lina *	Reiss *	Oregon Health & Science University

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Lina Reiss

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID 3003159

Submission Type Workshop

Topic Other

Status Submitted

Submitter Kristina DeRoy Milvae

Participant(s) Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
------------	-----------	-------------

Kristina *	DeRoy Milvae *	
------------	----------------	--

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Kristina DeRoy Milvae

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Bobby Gibbs
Affiliation	Univesity of Maryland
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Bobby *	Gibbs *	Univesity of Maryland

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Bobby Gibbs

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Sean R. Anderson
Affiliation	University of Wisconsin-Madison
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Overall Workshop Description The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Presenter Diversity Presenters (i.e., discussion leaders) will be at varying levels in their career (from post-doc to senior faculty) and of different genders and racial/ethnic backgrounds. Additionally, the focus of the workshop is on improving equity through community building, so resources available to individuals underrepresented or facing undue burden will receive particular attention (e.g., the BIPOC CSD Network, childcare offerings through ARO).

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Sean R Anderson

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Tanvi Thakkar
Affiliation	University of Wisconsin-Madison
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Tanvi *	Thakkar *	University of Wisconsin-Madison

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Tanvi Thakkar

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Ellen Peng
Affiliation	Boys Town National Research Hospital
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Ellen *	Peng *	Boys Town National Research Hospital

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Ellen Peng

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Ruth Litovsky
Affiliation	University of Wisconsin
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Ruth *	Litovsky *	University of Wisconsin

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and agree to the above terms and conditions. My presentation can be recorded and available post the conclusion of the 2023 MidWinter Meeting for 2 weeks or 14 days.

Signature Ruth Litovsky

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Lina Reiss
Affiliation	Oregon Health & Science University
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Lina *	Reiss *	Oregon Health & Science University

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Lina Reiss

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID 3003159

Submission Type Workshop

Topic Other

Status Submitted

Submitter Kristina DeRoy Milvae

Participant(s) Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
------------	-----------	-------------

Kristina *	DeRoy Milvae *	
------------	----------------	--

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Kristina DeRoy Milvae

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Bobby Gibbs
Affiliation	Univesity of Maryland
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Bobby *	Gibbs *	Univesity of Maryland

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Bobby Gibbs

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Sean R. Anderson
Affiliation	University of Wisconsin-Madison
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Overall Workshop Description The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Presenter Diversity Presenters (i.e., discussion leaders) will be at varying levels in their career (from post-doc to senior faculty) and of different genders and racial/ethnic backgrounds. Additionally, the focus of the workshop is on improving equity through community building, so resources available to individuals underrepresented or facing undue burden will receive particular attention (e.g., the BIPOC CSD Network, childcare offerings through ARO).

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Sean R Anderson

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Tanvi Thakkar
Affiliation	University of Wisconsin-Madison
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Tanvi *	Thakkar *	University of Wisconsin-Madison

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Tanvi Thakkar

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Ellen Peng
Affiliation	Boys Town National Research Hospital
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Ellen *	Peng *	Boys Town National Research Hospital

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Ellen Peng

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Ruth Litovsky
Affiliation	University of Wisconsin
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Ruth *	Litovsky *	University of Wisconsin

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and agree to the above terms and conditions. My presentation can be recorded and available post the conclusion of the 2023 MidWinter Meeting for 2 weeks or 14 days.

Signature Ruth Litovsky

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Lina Reiss
Affiliation	Oregon Health & Science University
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Lina *	Reiss *	Oregon Health & Science University

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Lina Reiss

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID 3003159

Submission Type Workshop

Topic Other

Status Submitted

Submitter Kristina DeRoy Milvae

Participant(s) Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
------------	-----------	-------------

Kristina *	DeRoy Milvae *	
------------	----------------	--

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Kristina DeRoy Milvae

Networking as a Tool for Resilience

Networking as a Tool for Resilience

Submission ID	3003159
Submission Type	Workshop
Topic	Other
Status	Submitted
Submitter	Bobby Gibbs
Affiliation	Univesity of Maryland
Participant(s)	Sean R. Anderson (Chair), Tanvi Thakkar (Participant), Ellen Peng (Participant), Ruth Litovsky (Participant), Lina Reiss (Participant), Kristina DeRoy Milvae (Participant), Bobby Gibbs (Participant)

SUBMISSION DETAILS

Individual Abstract The COVID-19 pandemic severely limited the ability of students and trainees to network. While networking is often recognized for its effectiveness in career advancement, it also plays a key role in building resilience to navigate challenging times in the field, particularly as much work remains to create an inclusive and equitable environment. This workshop will consist of six break-out groups themed after networking and resilience. They will focus on: (1) race, gender, and ability, (2) mental health and loss, (3) navigating career changes, (4) the roles of different mentors, (5) growing one's family, and (6) using social media to promote one's work. This workshop is meant to complement ARO's efforts regarding equity and inclusion. This workshop will be a space where participants can discuss issues relevant to their lives and form connections with other members of ARO. While the workshop will be primarily aimed at students and trainees, it will benefit the ARO community at large, and any conference attendees are welcome to join. This workshop will take place over 1 hour. It will begin with a brief introduction as to the purpose of the event and a description of resources that exist inside and outside of our field related to each topic. Then, participants will be invited to join a break-out group. Each break-out group will function as a roundtable discussion, where participants are invited to ask questions or share, and discussion leaders from the field can share experiences or guide the conversation. Each group will have one to two discussion leaders. Participants will be able to move from one topic to another at will during the session.

Enter all co-authors. You may search for any co-authors by using the search box. If you cannot find a co-author in this database, you may type them into the grid below. Please use the arrows to move authorship into the correct order. This is the order that will be printed in any program materials.

* Presenting Author

First Name	Last Name	Affiliation
Bobby *	Gibbs *	Univesity of Maryland

In-Person Participation I intend to participate in the MidWinter Meeting in-person for the entirety of the scheduled meeting.

Video Consent & Release of Rights I have read and understand. I decline the opportunity to have my presentation recorded.

Signature Bobby Gibbs