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

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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tanvi</td>
<td>Thakkar</td>
<td>University of Wisconsin-Madison</td>
</tr>
</tbody>
</table>

**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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ellen *</td>
<td>Peng *</td>
<td>Boys Town National Research Hospital</td>
</tr>
</tbody>
</table>

**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

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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ruth *</td>
<td>Litovsky *</td>
<td>University of Wisconsin</td>
</tr>
</tbody>
</table>

**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

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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lina *</td>
<td>Reiss *</td>
<td>Oregon Health &amp; Science University</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kristina *</td>
<td>DeRoy Milvae *</td>
<td></td>
</tr>
<tr>
<td>------------</td>
<td>---------------</td>
<td></td>
</tr>
</tbody>
</table>

**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 University 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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bobby</td>
<td>Gibbs</td>
<td>University of Maryland</td>
</tr>
</tbody>
</table>

**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
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

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

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
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

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.
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

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

25
**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

Network as a Tool for Resilience

Submission ID 3003159
Submission Type Workshop
Topic Other
Status Submitted
Submitter Bobby Gibbs
Affiliation University 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
**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

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
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

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

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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lina</td>
<td>Reiss</td>
<td>Oregon Health &amp; Science University</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
</table>

39
<table>
<thead>
<tr>
<th>Kristina *</th>
<th>DeRoy Milvae *</th>
</tr>
</thead>
</table>

**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

Submission ID 3003159
Submission Type Workshop
Topic Other
Status Submitted
Submitter Bobby Gibbs
Affiliation University 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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bobby</td>
<td>Gibbs</td>
<td>University of Maryland</td>
</tr>
</tbody>
</table>

**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

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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tanvi</td>
<td>Thakkar</td>
<td>University of Wisconsin-Madison</td>
</tr>
</tbody>
</table>

**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

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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ellen *</td>
<td>Peng *</td>
<td>Boys Town National Research Hospital</td>
</tr>
</tbody>
</table>

**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

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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ruth</td>
<td>Litovsky</td>
<td>University of Wisconsin</td>
</tr>
</tbody>
</table>

**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

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
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

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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

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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bobby</td>
<td>Gibbs</td>
<td>University of Maryland</td>
</tr>
</tbody>
</table>

**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

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
**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

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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ellen *</td>
<td>Peng *</td>
<td>Boys Town National Research Hospital</td>
</tr>
</tbody>
</table>

**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

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
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
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

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

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kristina DeRoy Milvae</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**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** University 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 * | University 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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tanvi *</td>
<td>Thakkar *</td>
<td>University of Wisconsin-Madison</td>
</tr>
</tbody>
</table>

**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

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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ellen *</td>
<td>Peng *</td>
<td>Boys Town National Research Hospital</td>
</tr>
</tbody>
</table>

**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

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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ruth</td>
<td>Litovsky</td>
<td>University of Wisconsin</td>
</tr>
</tbody>
</table>

**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

Networks have often been recognized for their effectiveness in career advancement, and it also plays a key role in building resilience to navigate challenging times in the field. 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

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
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

Submission ID 3003159
Submission Type Workshop
Topic Other
Status Submitted
Submitter Bobby Gibbs
Affiliation University 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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bobby *</td>
<td>Gibbs *</td>
<td>University of Maryland</td>
</tr>
</tbody>
</table>

**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

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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tanvi *</td>
<td>Thakkar *</td>
<td>University of Wisconsin-Madison</td>
</tr>
</tbody>
</table>

**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

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
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ellen *</td>
<td>Peng *</td>
<td>Boys Town National Research Hospital</td>
</tr>
</tbody>
</table>

**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
**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

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ruth</td>
<td>Litovsky</td>
<td>University of Wisconsin</td>
</tr>
</tbody>
</table>


Networking as a Tool for Resilience

Network 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

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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 University 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
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

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bobby *</td>
<td>Gibbs *</td>
<td>University of Maryland</td>
</tr>
</tbody>
</table>